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PARTICIPATION OF MARRIED WOMEN IN PHYSICAL RECREATIONAL  
ACTIVITIES AS A FUNCTION OF SOCIOECONOMIC STATUS AND  
FAMILY LIFE CYCLE STAGE

© by  
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A THESIS

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FACULTY OF GRADUATE STUDIES

The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies for acceptance, a thesis entitled "Participation of Married Women in Physical Recreational Activities as a Function of Socioeconomic Status and Family Life Cycle Stage" submitted by Barbara E. Murphy in partial fulfilment of the requirements for the degree of Master of Arts.



## ABSTRACT

The purpose of this study was primarily to investigate the interrelationships between interest in physical recreational activities and two variables, namely: socioeconomic status and stages in the family life cycle. A second purpose was to identify the nature and extent of participation in selected activities and some of the reasons influencing the respondents' most frequent participation. Participation was analyzed in terms of three kinds of involvement, namely: "playing or doing", "attending" and "viewing".

Data were collected by questionnaires which were delivered, on a systematic basis to households in the three areas of the stratified sample used in the study. The questionnaire consisted of an introductory letter, the questionnaire and a stamped self-addressed envelope. One follow-up letter was sent to every household which had received a questionnaire. Of the 550 questionnaires which were distributed, 333 completed questionnaires were returned, and of these the first 100 complete returned questionnaires in each strata were used in the analysis.

The respondents were asked to indicate from the activities included in the questionnaire, first, the ones in which they had participated and the frequency of their participation in the twelve month period studied, second, the three most important reasons influencing their participation in physical recreational activities by playing or doing, attending and viewing activities, and third, relevant



background information pertaining to them and their families.

Data analysis consisted of calculating the percent participation by strata, the highest participated-in activities and the distribution of participation by socioeconomic status and family life cycle stage for the high ranking activities. A degree of involvement score was calculated for each respondent based on the number of activities and frequency of participation therein. Chi-square analysis were subsequently applied to determine the significance of the relationships between each of socioeconomic status, family life cycle stage, age and work outside the home with degree of involvement. (Degree of involvement was indicated by total degree, partial degree by playing or doing, partial degree attending and partial degree viewing.) The frequencies of occurrence of reasons influencing participation were ranked according to strata for each type of participation.

The results indicated that as many as 68 percent of married women participate at least once a year whereas less than 37 percent participate at least once a week in any one activity. Differences between strata in the type of activities frequently participated in, indicated that the upper stratum participated frequently in more skill-requiring activities. Participation by attending and viewing activities involved very few people with the two activities, football and hockey receiving the highest percentage of participation. While participation in physical recreational activities did not appear to be a major interest of married women, it did appear that the upper and middle strata were more involved than the lower stratum.





Further analysis indicated that stage in the family life cycle was significantly related to involvement by participation in physical recreational activities. Women in the first three stages were similarly high as compared with women in stage four who indicated overall lower involvement. It was also indicated that the activities in which the highest percent of women participated were those activities which could involve the whole family. Participation appeared to drop most appreciably among women in the lower socioeconomic stratum when they were in the fourth stage of the family life cycle.

Finally, it appeared that the reasons influencing participation by playing or doing activities were related to (1) the individual's desire for exercise and fun, (2) family interests, and (3) socializing opportunities; and the reasons influencing participation by attending and viewing were (1) excitement of the activity, (2) family interests, and (3) individual fun and enjoyment.

In general it was apparent that a wide range of factors were influential in participation patterns and that the women who did participate did so more for a recreational pursuit than to further their interest and skill in specific activities.





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## CHAPTER I

### THE PROBLEM

#### Introduction

Games and sports, having been transmitted from generation to generation, appear to occupy a relatively important place in the life styles of people. Their existence is self-evident today as testified by the column space they are given in newspapers, their frequency of coverage on radio and television, and the number of people observed attending events as spectators or participating as players. In the present era, modern technology, increased incomes and greater amounts of leisure are resulting in a cultural transition from a work-oriented to a leisure-oriented society. (85) While this transition has not been fully completed, there is, nevertheless, an increasing concern for the role of games and sports in the lives of adults, as for example, the passing of the Fitness and Amateur Sport Act in 1961, by the Government of Canada.

Recreational pursuits and leisure-time activities have recently received the attention of researchers who have endeavored to investigate the relations between recreational behavior patterns and various social phenomena. Taken collectively, the studies completed have been basically a report on how time is spent away from work by selected samples of individuals, and the correlation of these data with selected demographic variables. (7) The ease with which adult males have been suitably selected and grouped into identifiable units has



expedited research on their leisure life styles, but the lack of information concerning the leisure life styles of women attests to the fact that they have either been neglected or found to be difficult subjects to select and classify. As indicated, studies about the role of sport and physical activity in the leisure patterns of married women have been greatly overlooked. The increased number of females with an interest in the field of physical education and recreation, and the increased interests of practitioners for research-based criteria on which to make program planning decisions have resulted in a concern for more studies with a focus on women's leisure interests.

The apparent lack of information on the overall leisure life styles of adults suggests that there is a need for an understanding of the relatedness between specific leisure-time behavior patterns and the features of social structure which tend to change or sustain them. For example, as this study will endeavor to document, the two variables "socioeconomic status" and "stages in the family life cycle" may be very important factors in shaping the recreational interests of married women; and consequently, these patterns may have significant implications for the guidance and development of physical education curricula and municipal recreation programs.

In this period of increased leisure, the role of physical recreational activities may facilitate a meaningful use of leisure time for some people. This is an assumption which is accepted in this study. Moreover, interest and participation in physical recreational activities may be instrumental, not only in fostering greater fitness, but in shaping attitudes and values which may well contribute towards





formation of incentive and purpose for life. Thus, they may have an important bearing on the life styles and, in fact, on the life chances of individuals.

It appears that the nature of family relationships and influences of the stages in life cycles are important considerations in the study of leisure-time activity patterns since the family, as a socializing unit, transmits to its members definitions, values and patterns of culture. (63) Thus the interest that the mother has in physical recreational activities may be a source of influence in determining the nature of the family's activities. From the socializing influences of family relationships, the individual members tend to develop behavioral habits and attitudinal biases which constitute important elements in their choice of leisure-time activities. Since married women are frequently removed from the current happenings outside the family circle, it is of importance to determine the significance of physical recreational activities in order to obtain a fuller understanding of the social significance of sport and physical activity for them. Similarly, an investigation of the influences of social class on the interests of married women in physical recreational activities, may reveal differences between classes as well as within classes that may not be accounted for by influences stemming from the stages in the family life cycle.

#### Statement of the Problem

The purpose of this study was to investigate the inter-relationships between interests in physical recreational activities of married women living in three geographical areas of the city of



Edmonton, Alberta, Canada, and two social variables namely socioeconomic status and stages in the family life cycle.

The specific objectives were as follows:

1. To discover the activities in which the greatest occurrence of participation took place in the three forms of expressing interest in physical recreational activities, namely: playing the game, attending a sporting event in person or viewing an event on film or television.

2. To determine the extent to which women's socioeconomic status and stage in the family life cycle were related to the degree of involvement in physical recreational activities; the degree of involvement being indicated by the product of the number of activity days and the number of activities in which participation took place. Involvement was determined for each of the three types of participation: playing, attending and viewing.

3. To determine the extent to which the factors working outside the home and age were related to degree of involvement and type of participation.

4. To determine some factors which influence the nature, degree and extent of participation in physical recreational activities by married women.

### Hypothesis

The following hypotheses will be tested:

1. The nature of participation in physical recreational activities of married women is a function of their socioeconomic status.





2. The nature of participation in physical recreational activities is a function of the stage in the family life cycle.

### Need for the Study

There is a dearth of information concerning the significance of physical recreational activities in the lives of both men and women. This study is an attempt to investigate the determinants of participation differences between married women in different family life cycle stages and in different socioeconomic strata. The outcomes of this investigation will suggest current trends of interest of married women from different socioeconomic levels in physical recreational activities within the limits of predictability which may be made on the degree of representativeness of the sample. Such knowledge could present a guide for the continuation of present community programs and a basis on which one could predict the nature of future adult involvement in physical recreational activities, the need for specific programs and facilities, and the need for promotion of selected kinds of physical activities which may contribute meaningfully to the lives of married women.

Participation patterns may not be as obvious as so-called common sense implies. Research has frequently revealed distortions in common sense level examinations. This study proceeded on the assumption that certain relationships might be established, certain regularities perceived and certain variables might conceptually be linked in meaningful form so that community decision-makers might make wiser decisions in future for the benefit of mankind. As Wingo (88)



suggests, the significance of recreation lies in its potential to give meaning to people in a society in which the values of work are changing to the values of leisure.

### Limitations of the Study

This study had the following limitations:

1. The survey was dependent on the validity of selected demographic information as a basis of selection of the three socioeconomic strata, namely: upper, middle and lower. The purposive selection implies that the three groups of women were selected to meet the requirement of being in either a lower, middle or upper level of the socioeconomic range, but does not imply that they were totally representative of women in specific socioeconomic levels within the city.

2. The survey was dependent on the reliability of a purposive, systematic, quota type of sampling procedure in which a specified number of potential women respondents were sampled in each of the three socioeconomic levels.

3. A self-administerable questionnaire was used since neither time nor money allowed for a more extensive type of survey.

4. The responses on the questionnaire were dependent on the ability of the married women to recall the extent of their participation within the last year. Moreover, it was assumed that if the questionnaires were more lengthy and complex, they would tend to discourage the respondents from completing and returning them.

### Delimitations

This study was delimited:





1. To a purposively selected, quota sample of 550 Edmonton married women who occupied single family dwellings.
2. To two independent variables, namely, socioeconomic status and family life cycle stage.
3. To participation by playing, attending and viewing physical recreational activities within the year beginning March 1, 1968 and ending February 28, 1969. Such factors as other relatively passive, non-physical activities, availability of programs and facilities, ownership of a television set, influence of attitudes and motives, the amount of leisure time an individual sees herself as having, level of education, and previous skill acquisition were not considered.

#### Definition of Terms

Activity Day. The participation of a person in one activity within the time period of one day. For the purposes of this study the frequency of participation was given a numerical weighting ranging from four to one, from the largest frequency to the smallest frequency.

Competitive Activity. Those activities which involve a contest between two or more rivals, a set of rules structuring the nature of movement, and a criterion by which a winner may be selected, or an activity in which an individual competes against himself in relation to an established standard of performance.

Degree of Involvement. The number of activities in which a person participates multiplied by the number of activity days.

Family. Basic social unit consisting of one or more men living with one or more women in a socially-sanctioned and more or less enduring sex relationship with socially-recognized rights and





obligations, together with their offspring.

Family Life Cycle Stage. It is a frame of reference based on the recognition of the successive patterns of family development. The following indicate the identifying characteristic of the stages of the family life cycle for purposes of this study: (1) young married couple, no children, (2) family with an infant under two years of age, (3) family with pre-school children, the oldest child under six years of age, (4) family with primarily school age children, the oldest child under fourteen, (5) family with primarily teenage children, the oldest child under twenty, (6) family with one child living away from home, or characterized by young adults living at home, the youngest child older than nineteen, (8) family with no children living at home. (63: 208)

Leisure. Time which is free from the demands of work, the survival requirements of life, the necessities of family life or citizenship and which is available to the individual for freely-chosen pursuits.

Leisure Life Styles. A characteristic way of spending one's leisure time which can be identified as pertaining to an individual, a group of people, to a community or to a society as a whole.

Non-Competitive Activity. Any recreational activity in which there is an absence of competition, may or may not have temporary rules, and takes place outside fixed boundaries of time and space. (48)

Participation. The extent of personal involvement which reflects overt personal action or association with an activity. In this study participation includes three classifications, namely:



"playing or doing" the sport or physical activity, "attending" a sporting event in which the person sees the players or the game in person, and "viewing" a sporting event on film or television.

Physical Recreational Activities. Recreational activities in which organized gross human movement is manifested, as in active games, calisthenics, sports, dance, and other physical non-competitive activities and outings.

Recreational Activities. Any activity pursued during leisure, either individual or collective, that is free and pleasurable, having its own immediate appeal, not impelled by a delayed reward beyond itself or by any immediate necessity.

Representative Sample. In this study the women sampled were considered to be representative only of women living in each of the immediate areas. The areas were identified as either in the lower, middle or upper range of socioeconomic levels, as determined from the range of values for housing and average wage and salary earnings of the family.

Socioeconomic Status. The position of a person or group of people in the hierarchy of positions that are unequal with regard to power, property, social evaluation and/or psychic gratification. (83) Socioeconomic position in this study was determined by the average wage and salary of the family, and by the value of the houses in enumeration districts.





## CHAPTER II

### REVIEW OF THE LITERATURE

Recorded knowledge of present day physical recreational patterns of women is extremely limited, and certainly literature with a focus on physical recreational patterns of married women in Canadian society specifically appears to be virtually non-existent. This review of literature, therefore, attempts to overcome this lack by outlining factors which affect preferences for and participation in physical activity and sport by adults studied in the United States primarily. Since frequency and degree of involvement in physical activity and sport, like all of man's activities, are influenced by social, psychological and cultural factors as well as biological and inherited factors, it is necessary to investigate these general areas in order to further what little knowledge there is which is related to married women's involvement in physical recreational activities.

The review of literature focuses first on activities, interests and the type of participation in physical activities that are specifically related to women; second, it outlines the social and psychological factors which are influential on patterns of participation in physical activities and sports by people in general (and not specifically women); and third, it outlines studies on the nature of leisure time activities and social participation of adult





men and women which appear to have relevance to this study.

### Interest and Participation of Women in Physical Activities and Sport

A number of investigations have been made of the interests and preferences of college women for participation in physical activities and sport. In one study of college physical education programs, Broer and Holland (11) reported that 90 per cent of the students in the investigation wanted to develop skills in various sports and to learn activities which could be continued later in life. Activities which were preferred for inclusion in the program were swimming, tennis, bowling, golf, lifesaving, diving, badminton, water safety, skiing and folk dancing. Preferences for co-educational activities included social dancing, folk and square dancing, sailing, skiing, bowling, tennis, golf, international dancing, ice skating and riding. In both program activities and co-educational activities the college women indicated a preference for individual and dual sports. The results from the study conducted by Holland and Broer were consistent with the results obtained from studies of college women completed some years earlier by both Moore (61) and Toogood (82). They also found that women at the college level preferred individual activities and ones of a less competitive nature.

Merritt (60) in her study of the relationship of selected physical, mental, emotional and social factors to the recreational preferences of college women identified those activities which were most preferred and least preferred when participated in by self or in company of others, other than members of the family group, and those activities preferred by college women which were participated in,



in association with family groups. The activities which were preferred "by self" or "with others" included swimming, social dance, bowling, water skiing, tennis, basketball, riding horses, golf and ice skating; those least preferred were tumbling, calisthenics, fishing, softball, soccer, field hockey, hunting and folk dancing; and those preferred for participation with family groups included bowling, swimming, watching sports, badminton, golf, outdoor living, water skiing, fishing, hiking and miniature golf.

Lewis (51) carried out a study involving 879 college women at the University of Georgia. The purpose of the investigation was to show the relationship of selected social factors to acceptance and participation in physical education. The results indicated that sports have varying degrees of social acceptance with some highly preferred to others. The sports which women indicated they preferred most were dancing, water-sports and co-educational activities. Lewis reported that women endorse activities for themselves which they think men will endorse for them; and that they are more concerned with their femininity and appearance than with their health.

The studies completed on women's participation in physical education activities revealed a variety of reasons which influence their participation. Holland and Broer (11) found that the two main reasons that college women gave for participating were to have fun and to keep in good health and physical condition. Merritt (60) listed the reasons for participating in rank order were: (1) to obtain physical exercise, (2) to be with friends, (3) to acquire skill, (4) to be outdoors, (5) to obtain rest and relaxation, (6) to be





entertained and (7) to meet new people.

Factors influencing the recreational interests and preferences of women which have been studied, include socioeconomic status, education, religion and role. Lewis (51) indicated that social factors, educational stages, cultural forces and changing roles affect the expressed interests of college women in physical activities. Lewis also indicated that women participate in status-associated activities in a given social class regardless of their social class. Merritt (60) found that father's occupation, home town size and high school size were not related to the physical activity preferences of college women, but vocational choice and religious background were factors influencing interests. She suggested that the most important factor influencing current participation might be the amount of previous participation that one had experienced in the activities. Bell and Walters (6) in their study of college women at the University of Michigan found that those females who had physical education in high school showed more favourable attitudes toward physical activity than those who did not.

Keogh (43) found in his study of attitudes of male and female college students toward physical education, that women were more positive than men in their statements as to the social, emotional and physical importance of physical education, but that they indicated that they would be less likely to participate if physical education was an optional subject. Moore (61) also found that college women had a favorable attitude toward physical activity as a form of recreation, but that despite this favorable attitude, participation by them was low.





The large bulk of studies concerned with interest and participation in physical recreation activities have dealt with children, adolescents and college women but very few have been extended to women outside of school. Recently a few studies have been undertaken in the general area of leisure activities of married women but not primarily on physical recreational activities. Although these studies have been primarily concerned with hobbies, visiting patterns and in general social participation they have also touched on participation in physical activity and sport.

Angrist (2) in her study of the relation of role constellation to women's leisure activities, found that less than one-third of the respondents spent time on hunting, riding, skiing, skating, golfing, tennis, hiking and walking. She reported that close to half of the respondents indicated that they participated in social dancing and water sports. Her results indicated that as the life cycle changes, and the children become older, the mothers increase their physical recreational activities and spectator activities. These results apply to the specific range of roles which she studied and included five roles from the single working woman to the married woman with school age children. Her study was also limited to college graduates who were basically in the middle class status group and because of this she suggests that the patterns which she reported tend to fit the general active leisure participation patterns reported as characteristic of middle class people. (3)

In a study undertaken by Nye (63), the recreation behavior of working mothers was compared with that of non-working mothers.



The results indicated that in activities including bowling, tennis, golf and watersports, employed mothers participate equally often as do non-working mothers. In general the employed mothers participate less in activities that involve time and commitment but equally often in family recreation and commercial forms of recreation.

### Social and Psychological Implications of Physical Activity and Sport

Sociological Factors. In a survey conducted by Kenyon (44) of the adult population in the State of Wisconsin, he studied (1) the significance of physical activity as a life interest of adults and (2) the significance of certain psychosociological correlates of physical activity including social status, education, age and sex. His study included both primary involvement (direct participation in activities of varying intensity; vigorous, moderate and light), and secondary involvement (personal attendance at sporting events and watching or listening to sporting events on radio or television). He reported:

1. Neither active participation in a variety of physical activities nor attendance at sporting events represent a major life interest of the majority of adults.

2. Secondary involvement in physical activity, through television and radio programs, is a significant life interest of a large majority of adults.

3. Active participation in physical activity tends to be inversely proportional to age. Age is not a determinant of attendance at events or exposure to sport through television or radio broadcasts.

4. There are no differences in the degree to which adult





men and women engage in physical activity.

5. Active participation in physical activity and to a lesser extent, attendance at sporting events tend to vary directly with level of educational attainment.

6. Working adults with low socioeconomic status do not attend sporting events as frequently as others. Exposure to sport broadcasts is not a function of socioeconomic status.

7. Frequency of participation in certain physical activities and attendance at sporting events tend to be associated positively with annual family resources.

Studies concerning adolescent interest in physical activity and sport appear to be useful in providing relevant information in the study of adult participation, although age differences and certain social factors which influence interest and participation in physical activity should cause a professional practitioner to temper any direct application of these findings when involved in curricular or program planning. However, a study by Semotiuk seems pertinent. Semotiuk (75) completed a study among Edmonton High School students concerning their attitudes toward and interest in physical activity. He found that:

1. Frequency of participation was related to the participation of one's best friend.

2. Interest in a specific activity was indicated by participation or involvement in that activity by several means.

3. Generally attitudes toward physical activity were favorable among high school students.

4. There was evidence of a desire to participate in





a greater variety of physical activities.

5. There was hesitancy to participate in activities as a pursuit of vertigo (thrill) and as an ascetic experience (strenuous training).

6. Boys showed more interest in spectator roles associated with physical activity than do girls, as indicated by the amount of television viewing, newspaper reading and attendance at sports events.

The foregoing findings reported in Semotiuk's study of adolescents, therefore, appear to give leads as to the direction of interest in physical activity which is manifested later in life, in adults.

Clarke (16) reported that the largest proportion of American males that spent most of their leisure hours as spectators were in the middle occupational group. He also indicated that certain activities, such as golf, which were previously regarded as exclusive of the upper classes, were presently engaged in by people representing various social classes and diversified backgrounds. His results showed a curvilinear relationship for participation in golf among the five prestige levels he studied. (The prestige levels were used as an index of social stratification and ranged from high to low.)

Owens (65) indicated that overall family participation in active outdoor activities was related to the normal family life-cycle. He reported that participation declined from the time of marriage to part way through the child-bearing stage. He suggested that the low point was reached after three to six years of marriage. At this time



there was a change in participation patterns which indicated an increase until it reached a peak after about twelve to sixteen years of marriage when the children were of school age. From this stage, there was a gradual decline until the family was dissolved by natural causes.

In a study of household participation Reich (66) found that five social factors out of six were statistically related to breadth of participation (the number of activities participated in). He found that households who scored high in breadth of participation were more likely to be characterized by (1) a middle age household head with more than nine years of formal education, (2) a household head employed as a skilled craftsman or professional, and (3) a five or more member household. Two factors were related to intensity of participation (the number of days of participation), namely the education and occupation of the household head and the size of the household. Reich reported that the least related socioeconomic factor to both breadth and intensity of participation was social class status. He concluded that this finding was influenced by the procedure used to identify social class position, and suggested that it was more feasible to investigate the relationship of participation to the specific socioeconomic factors usually included in the determination of social class standing.

Keith (42) studied the leisure physical activities of teachers and reported that the reasons why they did not participate in "desired activities" was lack of skill, facilities and money. He concluded that the great bulk do not participate frequently, and that skill was a major determinant in frequency of participation.





Psychological Factors. Sutton-Smith et al. (80) in a study of involvement in games by American adults, maintained that persistence in recreational activities was linked with the expression of characteristic motives. They suggested:

1. Games of strategy which are associated cross-culturally with severe primary socialization, psychological discipline, high obedience training, and complex cultures will be preferred by higher status groups as compared with lower, and by women as compared with men.

2. Games of chance which are associated cross-culturally with high routine responsibility training, punishment for the display of initiative, and a belief in the benevolence of the gods will be preferred in this culture by members of the lower status groups as compared with the higher, and women, as compared with men.

3. Games of physical skill which are associated cross-culturally with high achievement training will be preferred in this culture by the upper, as compared with the lower status groups, and by men as compared with women.

Dimock (20: 34) believed that play and recreation provided a major means of achieving effective personality and social adjustment. He purported that through play, expression of basic urges could be channeled but if these urges were denied it could bring disastrous results. He stated that:

...The particular fundamental drives or desires, that may find wholesome expression in play activities include: the desire and need for novelty, adventure, and excitement; the deeply rooted necessity





of social approval, attention, status, and recognition; and the urge for a sense of mastery, power, success and achievement.

Menninger (59) indicated that three common psychological needs could be effectively met through participation in certain forms of recreation. Competitive games such as tennis, golf, badminton, bowling, chess and poker provide a satisfactory outlet for the instinctive aggressive drives, while other activities afford opportunities for creativity and relaxation.

Slavson (77) has related selected social variables to physical activities using the following groups: (1) complementary exercise which is supportive of one's work role, (2) compensatory activities which fulfill individual needs and counter emotional monotony, (3) aggressive activities which allow for the release of pent-up emotions, (4) regressive activities which allow persons to throw off their responsibilities and temporarily forget reality, and (5) socializing activities which provide social contacts and satisfy the need for social interaction.

The literature concerning the significance of play and the psychological aspects of it indicate that play activities are a part of a person's way of life and that they can be influenced by changing roles, personal needs and many related social factors.

#### Factors Affecting Leisure Time and Social Participation

The overlapping categories of leisure, play, games, sport, recreation, hobbies and fun as a part of a person's social life have received considerable attention in recent years. The belief that recreational activities and leisure pursuits contribute to the



well-being of every individual is generally accepted, and attempts have been made to study the nature of participation in these activities.

Adult play is influenced to a large extent by the sphere of work. It has been suggested that the character of recreation depends in part upon the needs of individuals which have been left unfulfilled in other spheres of life--particularly in work. Dubin (24) explored some of the ways in which the importance of recreation as a "life interest" was related to the character of the work situation.

Mathews and Abu-Laban (56) in their study of job satisfaction and leisure-time activity in a restrictive environment suggest that the amount of free time a person has, his marital status, and the degree of satisfaction with his environment tend to affect his recreational behavior. They also suggest that the fact that a person seeks recreation tends to be more significant than the specific nature of the activity chosen.

The importance of occupational reference groups was utilized in a study by Gerstl (30). He studied the leisure behavior of three occupational groups within the upper-middle strata, namely dentists, men from administrative positions and professors. His hypothesis was that "incumbency in a particular occupational milieu is one of the most crucial of the intervening variables". His results show that leisure behavior is closely associated with the work role of the men and their occupational reference groups. He cites as an example the occurrence of cocktail parties as a recreational activity of the administration men and explains how closely this is associated with their business contacts in the sphere of work, and







similarly that the professors pursued intellectual endeavors as part of their recreational activity.

Other studies have centered on the relationship between social class and leisure activity. Reisman (68) studied the relationship between social participation and social class position. He studied two groups, a high and a low based on: occupational prestige, income, and education. He concluded that regardless of the variable of social class that was used, the higher group consistently showed a higher degree of participation and involvement in the community. That is, the middle class on the whole tend to dominate the organizational activity, the intellectual life and the leadership of the community, and are more willing to become involved in community problems. The lower class tends to retreat from accepting leadership in organizational activities and their patterns of social participation are found within the immediate circle of family and relatives. The higher class, on the other hand, tend to move outside the family, their neighbourhood and even their community for their participation.

Clarke (17) investigated the role of leisure behavior in the urban living patterns of males occupying different occupational prestige levels in Columbus, Ohio. He reported:

1. Statistically significant differences existed between occupational prestige and leisure time activity in twenty-seven of the forty-seven leisure activities considered.
2. Attendance at spectator-type activities did not appear to represent a major portion of spare time activities.
3. Commercial forms of recreation seemed to play a



relatively minor role. As little as 4 per cent of the total leisure of the highest prestige group would be included in the commercial recreation category.

4. In general, a greater proportion of passive activities which required low physical exertion, was participated in by the respondents in the upper occupational groups.

5. At each prestige level, a majority of the respondents derived "a great amount" or "a considerable amount" of enjoyment from their spare-time activities; the lower prestige levels had more respondents who derived "a fair amount" or "not very much" enjoyment than did the higher prestige levels.

In a study, using random sampling of people of varying ages in Cuyahoga County, Ohio, White (86) showed that uses of leisure are conditioned by social class position and, to some extent, by age and sex. The upper middle class selected libraries, home diversions, and lecture-study groups more often than the other classes, whereas the two lowest classes indicated that they used parks, playgrounds, community chest agencies, churches, museums and commercial entertainment relatively more often. He found less well defined patterns of leisure among adult females. He explained this as resulting from a possible change in their social status as a result of their marriage.

In a study of the social role of four social classes of middle-aged residents of Kansas City, Havighurst and Frigenbaum (36) compared the leisure activity preference and social performance patterns of the subjects. Four general patterns of living called "life-styles" were reported. These were: (1) community-centered,





(2) home-centered high, (3) home-centered medium, and (4) home-centered low. Those people who enjoyed home-centered activities were found more frequently in the lower-middle and upper-lower classes with very few in the lower-lower class. In the lower-lower class, family values seemed less influential, with the few pastimes engaged in based on separate male and female interests.

The study also provided a list of favorite leisure activities which are, in part, as follows in order of those most frequently mentioned: (1) participation in formal groups--social clubs, fraternal organizations and other similar adult community groups, (2) participation in informal groups--card playing, cliques and neighbourhood groups, (3) travel for the sake of enjoying travel, (4) participation in sports, (5) attending sports functions, (6) watching television, (7) fishing and hunting, and (8) gardening.

The two principal meanings which people found in their favorite leisure activities were: (1) liking it for the pleasure of doing it and (2) a welcome change from work. Other reasons mentioned included: (1) being with friends, (2) having a new experience, (3) having a chance to achieve something, (4) doing something of benefit for society and (5) to make time pass.

Havighurst found the three variables, creativity, enjoyment and developing talent significantly related to social class.

### Summary

The literature indicated that a number of methods are frequently employed in determining social class position, but in spite





of the method used, there has been agreement that subjects belonging to the middle and upper classes tend to participate more frequently in recreation activities.

The evidence seemed also to indicate that participation in physical leisure activities was not a major "life interest" of women, and that women tended to prefer individual activities and especially dancing, water sports and co-recreational pursuits. Family life cycle, age, education, income, past experience, skill and personality were all factors related to an individual's leisure time activities, and these factors tended to influence participation in various situations which were resultant of the nature and changes in society. The literature indicated that the understanding of the meaning of recreational activities was related to personal needs, occupational or family reference group and social class position.

In summary, the literature reviewed has provided a frame of reference for this investigation which indicates that very little is known about the physical recreation patterns of married women, but indicates that if they are similar to general leisure time patterns that they will be influenced by a number of social variables.



## CHAPTER III

### METHODS AND PROCEDURES

The procedures employed in this investigation included:

- (1) the construction of a self-administerable questionnaire, (2) the selection of a sample of married women, (3) the field survey, and
- (4) the analysis of the data.

#### Self-Administerable Questionnaire

In the development of the self-administerable questionnaire, recommendations from survey research and experienced people in this field of study were used as guidelines. (4, 34) Many aspects of questionnaire construction were given particular consideration including: (1) the appeal of the questionnaire, (2) the nature of the instructions, (3) the visual appearance of the form, (4) the sequence of the content questions, (5) the time required for completion, and (6) considerations to assure anonymity.

The appeal to the potential respondent was made by means of a cover letter which, accompanying the questionnaire, introduced the potential respondent to the survey. (see Appendix A) The letter informed the reader of the auspices of the study and the need for the sought-after information; attempted to persuade the potential respondent to complete and return the questionnaire; briefly outlined directions for completing and returning the questionnaire; and guaranteed the potential respondent complete anonymity. (The written instructions





informed the potential respondent that the questionnaire would be collected at a later date by the student assistants. This method of return was changed to a mailed return after the first day of the field work; consequently either verbal instructions were given to the householder regarding the questionnaire return or typed instructions were attached to the questionnaire when no personal contact was made at the household. The part of this chapter dealing with the "Field Survey" elaborates the procedures used.)

The content of the questionnaire was organized in a three-part sequence. (see Appendix A) The first part consisted of an indication of frequency of participation in selected physical recreational activities, the second, a set of questions concerning reasons for participation and the third, a section of relevant background items.

The first part of the questionnaire required the respondent to indicate, by the use of a checkmark, those activities in which she had participated by playing and doing, attending and viewing, within the year March 1, 1968 until February 28, 1969. This part of the questionnaire was condensed in length in order to facilitate the respondents' ease in completing it. Certain arbitrary decisions were made regarding the selection and inclusion of activities and the corresponding forms of participation for these activities. These decisions were based on findings from other studies which could be generalized and applied to this study. (11, 60) Moreover, those activities in which it was assumed participation would be extremely low or non-existent, and those activities which were considered to be unavailable within the immediate Edmonton area, were deleted from the



list. (22) To compensate for the limited and arbitrarily selected activities, an open-ended question which asked for "other activities" was included. It was assumed that this provision would give the respondent an opportunity to include additional physical activities in which she had participated and which had not been selected for inclusion.

The second part of the questionnaire required the respondent to indicate the three most important reasons which she held for participating in those two activities which she did the most frequently. She was asked to indicate her most important reasons for each of the three types of participation. A list of twenty-five reasons was provided; these reasons, as reported in research articles, had previously been found to be influential in accounting for leisure activity preferences in general. (37, 60) The list of reasons was arranged in random order, so that reasons would not be pre-grouped according to the investigator's biases. From the list of reasons, the respondent could select any of the reasons which she felt were applicable to her, or she could insert reasons of her own on the additional lines provided in that section. As in the selection of activities, the list of reasons, while extensive, did not purport to be exhaustive in nature but merely suggestive of the reasons which might exist, and which might explain participation in physical recreational activities.

The third part of the questionnaire asked the respondent for personal information regarding her age and marital status, the number of children in her family, the ages of her oldest and youngest children, her status regarding work outside the home, and any exigencies such as





the occurrence of illness, pregnancy or critical family events which might have affected her usual pattern of activities.

The questionnaire was pretested on three successive occasions with selected groups of women who were attending some of the Y.W.C.A. and Y.M.C.A. ladies fitness classes. After each pretest the questionnaire was revised and reworded in an attempt to make the instructions clear and precise, and to place the content questions in a suitable sequence. After the third pretest, a further analysis was made of the questionnaire format by colleagues to insure that the questionnaire would accurately provide the information which it was designed to obtain.

### Selection of the Sample

Knowing some facts about groups of individuals including those demographic variables such as, age, race, income and type of dwelling, have provided a basis for making some predictions about leisure behavior. Consequently it was felt that a useful approach in studying patterns of participation would be to study groups of people who lived in a small community or neighbourhood and who could be identified or classified for research purposes on the basis of demographic information.

An attempt was made to obtain a sample which was representative of a particular socioeconomic strata. Several methods were considered and a purposive, systematic, sampling procedure was selected in preference to a random sampling procedure in order to obtain a constant number of cases in each stratum. Since the study attempted to determine the nature of participation in three socioeconomic strata, rather than to investigate the features of stratification system per se, it was assumed





that procuring an equal number of cases in each stratum would provide a more suitable basis from which to make both intergroup and intra-group comparisons.

The investigation reported by Clarke (17) lends support for the utilization of a quota sample in this study. The reported rate of return of questionnaires in his survey indicated that one could expect a very low rate of return of questionnaires in the lower socioeconomic stratum and consequently by utilizing random sampling procedures, not only would the time required and the cost of the survey increase greatly, but the number of returns in the lower stratum would likely be so low as to produce insufficient information to describe the patterns of participation of married women in the three strata.

The three socioeconomic strata, upper, middle and lower, were selected primarily on the basis of average wage and salary earnings of the family as reported by enumeration areas in the 1961 census tracts. (21) An attempt was made to establish homogeneity in the three strata, which reflected relative uniformity with respect to demographic information such as, race, economic status and type of dwelling. A second criterion, that of housing values, as estimated from the average resale value of houses sold, (15) was used to select the sample because demographic data of the newer residential areas in the city was not adequately represented in the 1961 census tracts and was not included in the 1966 census tracts.

On the basis of sampling three socioeconomic strata, three areas in the city of Edmonton were purposively selected. Demarcation



lines were arbitrarily set in the range of house values and salary earnings in order to establish areas that were in upper, middle and lower socioeconomic levels.

An attempt was made to select strata which were located in a single contiguous area, enclosed by natural boundaries or main thoroughfares. In the case of the high socioeconomic strata, the relatively few households existing in one contiguous area made it necessary to sample three small areas, which while not adjacent were located along the river bank of the city and were accepted as high socioeconomic areas by residents of the city. (see Appendix B)

Mention was made previously of the selection of a purposive systematic, sampling procedure. A second concern was in obtaining a sufficient number of cases in the initial sample to ensure an adequate return of questionnaires. In a study employing a random sampling technique but utilizing mailed questionnaires, the return rate of questionnaires ranged from twenty-three percent in the lowest socioeconomic level to seventy-two percent in the highest socioeconomic level. (17) Since 100 useable, returned questionnaires had been arbitrarily accepted as a sufficient response for purposes of this study, and since the field survey conducted in this study involved personal contact, which it was hoped would evoke a higher return rate than a mailed questionnaire, it was decided to initially distribute 175 questionnaires to households in each of the three strata. This assumed a return rate of approximately fifty-seven percent. (A more elaborate discussion of questionnaire returns is outlined in the "Field Survey" section.)







Caution is necessary in interpreting the results of a quota sample since the groups were purposively selected to meet certain requirements. (34) While it is possible to compare the groups of people in Edmonton from upper, middle and lower socioeconomic strata with groups of people in other Canadian cities, consideration must be given to the characteristics of the sample which was selected for this study. Some of the known demographic data of the sample are presented in Table I, although there is an apparent lack of recent information for all three areas studied. A further basis for caution is to be taken in relying on the accuracy and usefulness of demographic variables which were obtained approximately ten years prior to the study.

The statistics related to wage and salary earnings reveal only part of the income of families in the area, and thus may not provide a realistic picture of the place in the socioeconomic range, of the upper class area. The following definitions of wage and salary earnings reveal this weakness. "By 'earnings of head' is meant the gross wage and salary from all employers during the 12 months prior to June 1961, including money received as commission, tips, piece-rate payments etc.," and "'family earnings' represent all wage and salary income reported by members of wage earner families including the heads earnings." (55: 92) Consequently in the higher socioeconomic area, income received by self-employed professionals and income received from investments are not represented under wage and salary earnings.



TABLE I

## DEMOGRAPHIC DATA FOR THREE EDMONTON SOCIOECONOMIC AREAS

Demographic Information	Socioeconomic Areas		
	Upper	Middle	Lower
1. Average Wage and Salary Earnings of (in dollars):			
a. Household Head	7,000- 7,999	4,000- 4,999	3,000- 3,999
b. Family	8,000- 8,999	5,000- 5,999	4,000- 4,999
2. Education: 3-5 years of High School (percent completed)	30-39	30-39	25-29
3. Foreign Born Residents (percent)	15-19	15-19	25-29
4. Occupational Status (percent):			
a. Professional and Technical	25 and over	10-14	10-14
b. Managerial	15-19	10-14	5 - 9
c. Manual and Semi-Skilled	10-19	30-39	30-39
5. Average Resale Value of Houses Sold in 1966 (in dollars)	38,706	19,337	11,971

x

xx

x Information obtained from the 1961 Census Tracts provides only an estimate of the upper and middle socioeconomic areas. See Reference (46: 46-59).

xx This information was obtained from the City of Edmonton Planning Department.





## Field Survey

The survey consisted of the distribution of questionnaires by student assistants to households in the three strata, the mailing of a follow-up letter, and in the case of the lower socioeconomic group an additional distribution of twenty-five questionnaires.

Since the sampling technique employed systematic quota type procedures, questionnaires were delivered to households in each of the three strata until 175 questionnaires had been given out in each group. Where a house was vacant or where the occupants refused to accept a questionnaire, a record was kept, but the household was not included in the sample size. In the lower and middle strata every fifth household was sampled, but due to the relatively few households in the upper strata and, in order to procure the required number of cases, every third household was sampled in this strata. Other considerations in the sampling procedure, which might systematically bias the results were taken into account. (5, 34)

The questionnaires were personally delivered to the households by student assistants during the week of March 10, 1969. The student assistants were given written instructions regarding their conversation with the potential respondent, the selection of households to be sampled, and the procedure to be followed if contact was not made at the designated household. (see Appendix C) An introductory cover letter, a stamped self-addressed envelope and a questionnaire were left either with the potential respondent, a member of her family or in a safe visible place at the door of the potential respondent's household.





Questionnaire Returns. The frequency of completed returns as is shown in Table II varied with the socioeconomic strata.

TABLE II  
FIELD SURVEY: DISTRIBUTION AND RETURN OF QUESTIONNAIRES

Field Survey Information	S. E. S.		
	Upper I	Middle II	Lower III
Number of questionnaires distributed	175	175	175
Number who refused	2	1	14
Number of households where questionnaire was left--no personal contact made	69	64	74
Usable cases from initial distribution x	79	70 xx	68
Usable cases after follow-up letter	40	42	22
Usable cases after additional sampling			12
Number of usable cases--percent return	119 68	112 64	102 51

x Some questionnaires were returned incomplete. These were not included in the final sample.

xx This group received the questionnaire last. Consequently, the rate of return may have been affected.

Two weeks after the distribution of questionnaires, the insufficient response in all three strata, warranted the sending of a follow-up letter. (see Appendix A) The follow-up letter produced additional



returns in the middle and upper strata but not in the lower. Consequently, twenty-five additional households in the lower strata were sampled, and this provided sufficient responses for the analysis.

One factor which may have evoked a higher response than usual from the potential women respondents was a brief article which appeared in the local newspaper and which informed the public of the nature of the survey.

Characteristics of the Sample. Information on some of the characteristics of the sample was obtained from the returned questionnaires. Since such variables as age, working outside the home, marital status, personal exigencies and stages in the family life cycle could influence the nature of participation in physical recreational activities, it was necessary to know the extent of discrepancies which existed between classes. The following five tables illustrate the distribution of these variables within the first 100 completed questionnaires in each strata.

TABLE III

## AGE DISTRIBUTION OF RESPONDENTS BY SOCIOECONOMIC STATUS

Age in Years	Socioeconomic Status		
	I	II	III
under 20	0	0	0
20 - 24	0	2	11
25 - 29	2	21	13
30 - 34	19	20	8
35 - 39	19	14	9
40 - 44	24	15	10
45 - 49	20	12	12
50 - 54	10	8	13
55 - 59	2	8	11
60 - 64	3	0	4
65 and over	0	0	9





TABLE IV

## MARITAL STATUS OF RESPONDENTS ACCORDING TO SOCIOECONOMIC STATUS

Marital Status	Socioeconomic Status		
	I	II	III
Married	99	97	81
Separated	0	2	5
Divorced	0	0	2
Widowed	1	1	12

TABLE V

DISTRIBUTION OF RESPONDENTS REGARDING WORK OUTSIDE THE HOME  
ACCORDING TO SOCIOECONOMIC STATUS

Work Outside the Home	Socioeconomic Status		
	I	II	III
No	47	47	47
Full Time	12	21	31
Part-Time	12	14	12
Occasionally	4	6	3
As a Volunteer	25	12	7

TABLE VI

PERSONAL EXIGENCIES OF RESPONDENTS ACCORDING  
TO SOCIOECONOMIC STATUS

Personal Exigencies	Socioeconomic Status		
	I	II	III
Pregnancy	7	8	3
Illness or Injury	9	5	5
Other Events or Family Problems	5	4	4



TABLE VII  
DISTRIBUTION OF STAGES IN THE FAMILY LIFE CYCLE  
ACCORDING TO SOCIOECONOMIC STATUS

Family Life Cycle Stage	Socioeconomic Status		
	I	II	III
1	4	11	11
2	2	4	9
3	7	10	7
4	24	27	11
5	46	27	17
6	3	7	9
7	6	7	6
8	8	7	30

The tables indicate that there is a relatively normal distribution of all the variables among the three socioeconomic strata. The two noticeable differences are with respect first, to age where it appears the lower class group has more people over fifty-five than either the middle or upper group; and second, to family life cycle, where both the middle and upper groups have more cases in stages four and five than does the lower group. Basically the data indicates greater similarities than differences in the distribution of the variables within the three strata.

#### Analysis of The Data

Prior to the analysis of the data, each questionnaire was examined for completeness, then a degree of involvement score was calculated for each type of participation, (playing and doing, attending and viewing) and finally the questionnaire coding was completed for relevant background information.





Questionnaires which had parts I and III complete, but part II partially complete or incomplete were accepted as complete and included among the first 100 questionnaires used in each stratum. It was assumed that lack of information in part II represented a lack of suitable response rather than inaccuracy in completing the questionnaire. It was felt that the respondents' interpretation of the question might be such that they felt they had not participated to a sufficient extent to consider their participation frequent, and that they might not have been aware of any or some of the reasons which explained their participation.

The "degree of involvement" score was calculated by assigning a weighted score to the varying frequencies of participation (a score of one for participation once a year, a score of two for participation about once a month, a score of three for participation two or three times a month, and a score of four for participation at least once a week) and summing these weighted scores for the number of activities in which participation occurred. The two categories indicating high and low involvement were determined from the median score in the total range of scores for the three strata. All scores above the midpoint of the cumulative frequency distribution were considered high and those below the mid-point were considered low. Consequently measures of high and low involvement were relative to the total sample under study.

The relevant background information was used in part to identify the stage of the family life cycle. Consequently items such as the number of children living at home, the number of children not





living at home and the age of the oldest and youngest children at home were used in the coding of family life cycle stage.

The data was recorded on the eighty column I.B.M. summary sheets and then punched onto I.B.M. cards. The number of cards required for a person beyond one depended on the total number of activities in which that person participated at any given frequency. Thus, the greatest number of cards required to record the data from the questionnaire for one respondent was sixty-two and the fewest was one.

Machine tabulation was done on the I.B.M. 360, and the I.B.M. card sorter. Frequencies were obtained for all activities, the three types of participation, and the reasons for participating for the two variables "socioeconomic status" and "family life cycle stage". The chi-square test of significance was applied to differences occurring in the degree of involvement among socio-economic strata and stages in the family life cycle, age and work outside the home, and to differences in the frequency of participation. The chi-square analysis were calculated on the A.P.L. 1500 system. Further presentation of the results was made by percentages and rank ordering of items.



## CHAPTER IV

### RESULTS AND DISCUSSIONS

The findings in this section are reported for the 300 women who comprised the sample of married women occupying three strata, upper, middle and lower, in the city of Edmonton. The focus of the chapter is the relationships between physical recreational activities, and socioeconomic strata and stages in the family life cycle.

A number of classifications of involvement in activities, reported in recreation studies (33, 22) have been used in studying recreational behavior. The primary classification used in this study was type of participation which included the three types: playing or doing, attending and viewing physical recreational activities. The secondary classifications divided the activities into groups according to usual nature of the activity. Two main groups were used, competitive--non-competitive, and outdoor-oriented as opposed to building-centered. The following list outlines the activities which were grouped as competitive and non-competitive:

#### COMPETITIVE

Archery	Football
Badminton	Golf
Baseball	Hockey
Basketball	Table Tennis
Billiards	Tennis





COMPETITIVE, Continued

Boxing	Volleyball
Bowling	Wrestling
Curling	

NON-COMPETITIVE

Camping	Jogging
Dancing	Roller Skating
Fishing	Ski Dooing
Fitness Classes	Snow Skiing
Golf Driving	Swimming
Hiking	Walking for Exercise
Horseback Riding	Waterskiing
Ice Skating	

The two categories of outdoor-oriented and building-centered activities were not mutually exclusive. The following list indicates the grouping of activities used in this study in these categories:

OUTDOOR-ORIENTED

Archery	Horseback Riding
Baseball	Ice Skating
Camping	Jogging
Fishing	Ski Dooing
Football	Snow Skiing
Golf	Tennis
Golf Driving Range	Walking for Exercise
Hiking	Waterskiing



BUILDING-CENTERED

Badminton	Fitness Classes
Basketball	Hockey
Billiards	Roller Skating
Bowling	Swimming
Boxing	Table Tennis
Curling	Volleyball
Dancing	Wrestling

Occurrence of Participation

In line with the first objective of this study Tables VIII, IX and X indicate for each type of participation respectively, the distribution of participation for each of the activities included in the questionnaire.

In playing or doing activities the percentage of people participating as frequently as at least once a week appeared to be generally low. In the upper socioeconomic strata curling (18 percent), fitness classes (16 percent), golf (15 percent), swimming (19 percent) and walking (30 percent) were the activities in which the most people participated frequently. In the middle strata fitness classes (21 percent), swimming (12 percent) and walking (36 percent) were the three activities in which the greatest number of people participated frequently. In the lower strata only walking for exercise was participated in frequently by any number of the people (34 percent). All the other activities which were included in the questionnaire had lower than 10 percent participation at least once a week in each of the strata.

Although frequency of participation in many activities by



playing or doing did not seem to involve many people, there was an indication from the total percent participation that a number of people had taken part in a number of activities during the 12 month period studied. On the basis of total percent participation it appears that the women sampled appear to be sufficiently familiar with activities to participate in them, even if they do not prefer them for frequent regular activity. From Table VIII it can be seen that the range of participation is from 1 percent of the sample in archery to 68.3 percent of the sample in dancing. The activities with the fewest numbers participating were archery, basketball, roller skating, tennis, baseball, waterskiing, volleyball, jogging and horseback riding. Of these activities five of the nine are competitive, and four of the five are building-centered neither of which has a difference great enough to explain the low participation. It is possible that a number of other factors account for this low participation which include: previous skill, availability of the activities, cost of the activities, and suitability of the activities for family participation or socializing.

The results presented in Tables IX and X indicate that neither attending nor viewing activities are types of participation involving a large number of women, nor do many women participate with a frequency of at least once a week. Football and hockey are the two activities in which the most people participate, with 27 percent attending football games, 21.6 percent attending hockey games, 56.3 percent viewing football and 48.3 percent viewing hockey at least once a week during the season. With the exception of viewing hockey, football and ice skating, less than one third of the total sample either attended or viewed any





TABLE VIII

FREQUENCY AND OVERALL OCCURRENCE OF PARTICIPATION BY PLAYING OR  
DOING PHYSICAL RECREATIONAL ACTIVITIES BY SOCIOECONOMIC STATUS,  
IN PERCENTAGES

Activity	Socioeconomic Status												Total
	I %				III &				III %				
	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	
Archery	1	0	0	0	1	0	0	0	1	0	0	0	1.0
Badminton	8	2	3	4	11	3	3	0	7	2	0	2	15.0
Baseball	6	1	0	1	1	0	2	1	6	1	1	3	7.6
Basketball	0	0	0	0	2	0	0	0	0	1	1	1	1.6
Billiards	8	6	2	2	15	2	2	3	5	1	0	2	16.0
Bowling	21	9	2	8	27	4	2	3	15	1	0	2	37.3
Camping	22	9	1	2	32	11	12	3	30	5	5	4	45.3
Curling	9	1	0	18	16	1	6	9	5	0	3	3	23.6
Dancing	46	33	5	1	41	26	1	7	26	9	5	5	68.3
Fishing	12	4	1	2	21	5	3	1	14	3	4	3	24.3
Fitness Classes	2	6	3	16	1	1	2	21	2	0	2	5	20.3
Golf	13	1	8	15	14	2	1	6	5	2	2	4	24.3
Golf Driving	11	5	2	1	10	1	0	1	5	0	2	2	13.3
Hiking	23	18	4	3	22	4	3	3	10	5	1	2	32.6
Horseback Riding	6	0	1	2	10	1	0	0	5	2	0	2	9.6
Ice Skating	32	6	13	5	22	17	9	2	10	3	4	5	42.6
Jogging	6	6	2	1	2	1	2	4	0	0	0	3	9.0
Roller Skating	3	0	0	0	3	0	0	0	4	0	0	0	3.3
Ski Dooing	13	3	1	0	14	0	0	1	4	0	3	4	14.3
Snow Skiing	12	3	9	5	7	2	2	4	1	1	1	0	15.6
Swimming	25	17	16	19	24	13	8	12	21	5	4	5	56.3
Table Tennis	14	6	1	5	15	4	4	1	6	1	0	1	19.0
Tennis	5	1	3	3	1	1	1	1	4	0	0	2	7.3
Volleyball	7	0	0	1	3	1	1	5	4	1	0	2	8.3
Walking	9	20	8	30	9	16	8	36	10	6	10	34	65.3



TABLE IX  
FREQUENCY AND OVERALL PARTICIPATION BY ATTENDING  
PHYSICAL RECREATIONAL ACTIVITIES BY  
SOCIOECONOMIC STATUS IN PERCENTAGES

Activity	Socioeconomic Status												Total
	I %				II %				III %				
	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	
Badminton	2	1	0	1	3	0	0	0	1	0	0	0	2.6
Baseball	6	1	5	1	6	5	3	5	10	3	2	2	16.3
Basketball	6	3	1	0	9	2	0	1	4	0	0	0	8.6
Bowling	1	0	0	0	0	2	0	1	0	1	0	1	2.0
Boxing	1	1	0	0	2	0	0	0	2	0	0	0	2.0
Curling	2	2	5	1	7	1	0	2	0	0	0	0	6.6
Football	14	6	10	1	22	5	3	6	5	6	2	1	27.0
Golf	4	2	0	0	3	0	0	1	1	0	0	0	3.6
Hockey	12	4	4	0	8	13	4	4	6	4	3	3	21.6
Horseback Riding	5	1	0	1	2	2	0	0	2	1	1	0	5.0
Ice Skating	6	3	1	0	9	4	0	0	3	0	1	0	9.0
Ski Dooing	0	4	1	0	3	0	0	0	1	0	0	0	3.0
Swimming	7	2	2	5	4	8	1	1	3	0	0	0	11.0
Tennis	1	0	0	0	1	0	0	0	0	0	0	0	.6
Volleyball	1	0	1	0	3	0	0	0	0	0	0	0	1.6
Waterskiing	10	0	0	1	3	3	1	0	2	2	0	0	7.3
Wrestling	1	0	0	0	2	0	0	0	1	0	2	2	2.6





TABLE X  
FREQUENCY AND OVERALL PARTICIPATION BY VIEWING  
PHYSICAL RECREATIONAL ACTIVITIES BY  
SOCIOECONOMIC STATUS IN PERCENTAGES

Activity	Socioeconomic Status												Total
	I %				II %				III %				
	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	$\frac{1}{\text{Yr.}}$	$\frac{1}{\text{Mo.}}$	$\frac{2-3}{\text{Mo.}}$	$\frac{1}{\text{Wk.}}$	
Badminton	7	0	0	1	5	0	0	0	3	0	0	0	5.3
Baseball	20	2	0	3	23	3	2	3	9	0	5	6	25.3
Basketball	9	1	1	0	13	1	0	1	13	1	1	1	14.0
Bowling	7	0	0	0	9	2	0	2	2	2	0	1	8.3
Boxing	11	1	0	0	13	2	0	1	11	3	1	0	14.3
Curling	19	5	4	1	19	4	7	5	12	6	2	6	30.0
Fitness Classes	4	2	1	3	2	1	2	4	2	0	2	7	10.0
Football	23	10	7	13	17	17	15	20	19	4	11	11	56.3
Golf	7	7	1	7	12	7	3	7	6	4	4	3	22.6
Hockey	15	10	5	11	11	17	9	19	15	7	10	16	48.3
Horseback Riding	9	1	0	2	6	1	0	0	8	1	0	0	9.3
Ice Skating	36	4	1	2	28	9	3	2	16	6	5	2	34.6
Ski Dooing	4	3	1	2	5	2	2	0	8	1	0	0	9.3
Snow Skiing	19	10	4	2	20	5	3	1	15	2	6	1	29.3
Swimming	20	6	1	4	29	4	2	2	11	3	0	2	31.0
Tennis	9	0	1	1	9	2	0	0	7	1	0	0	10.0
Volleyball	3	0	0	0	5	1	0	0	6	0	0	0	5.0
Waterskiing	12	2	2	2	18	3	0	0	10	1	0	0	16.6
Wrestling	5	0	0	2	7	6	0	3	4	1	3	4	11.6



one activity during the 12 month period

The activities in which the highest percent of people participated at least once in the 12 month period studied, are listed in Table XI in rank order according to numbers participating. On the assumption that these activities can be considered the ones most preferred for participation by women, it can be seen that non-competitive activities represent the larger proportion of preferred activities for playing or doing, while competitive activities represent the larger proportion of activities preferred for attending and viewing.

Outdoor-oriented activities including walking for exercise, (swimming), camping, ice skating, hiking, golfing, and fishing slightly outnumber the building-centered activities. The former may be preferred on the basis that they are relatively accessible to everyone, can include the whole family (except golf) and provide a welcome change from building-centered urban living. It would appear that participation in building-centered activities is dependent for one thing at least, on the availability of programs and facilities. Consequently, those people who participate in activities such as curling, bowling, dancing, and (swimming) may do so because of the interest they have in the specific activity, rather than the interest they have in an outing of some nature. A further factor influencing both the numbers participating at all and frequently, is the skill level required to obtain enjoyment from participation by playing or doing. Bowling, curling, swimming and golf are examples of activities that require a relatively high level of performance in order to obtain enjoyment; consequently women in the upper stratum, on the assumption of having greater educational





TABLE XI  
PERCENTAGE PARTICIPATING BY SOCIOECONOMIC STATUS AND FAMILY LIFE  
CYCLE IN ACTIVITIES RANKED ACCORDING TO THOSE IN WHICH THE MOST  
PARTICIPATION OCCURRED OVERALL IN THE TOTAL SAMPLE

Activities in Rank Order	Socioeconomic Status			Family Life Cycle Stage			
	% Participation			%			
	I	II	III	1	2	3	4
<u>PLAYING OR DOING</u>							
Dancing	85	75	45	70.7	74.2	75.5	54.2
Walking for Exercise	67	69	60	63.1	62.9	66.7	67.4
Swimming	77	57	35	61.5	79.0	60.0	31.3
Camping	34	58	44	56.9	56.5	47.7	25.3
Ice Skating	56	50	22	63.1	62.9	41.1	14.5
Bowling	40	36	37	49.2	48.4	41.1	28.9
Hiking	48	31	18	38.5	48.4	36.7	12.0
Golf	37	23	13	26.2	16.1	37.8	15.6
Fishing	19	30	24	24.6	30.6	25.6	18.1
Curling	28	32	11	26.1	32.3	28.9	9.6
<u>ATTENDING</u>							
Football	31	36	14	36.9	32.3	24.4	18.1
Hockey	20	29	16	22.3	25.8	30.0	9.6
Baseball	13	19	17	20.6	17.7	23.3	4.8
Swimming	16	14	3	7.6	20.9	12.2	4.8
<u>VIEWING</u>							
Football	53	69	45	61.5	59.6	56.7	46.9
Hockey	41	56	48	43.6	48.4	51.1	49.4
Ice Skating	43	42	29	66.1	45.2	37.8	22.9
Swimming	31	37	16	30.7	33.8	32.2	16.8
Curling	29	35	26	29.2	24.2	31.1	21.6
Snow Skiing	35	29	24	32.3	25.8	32.2	25.3
Baseball	25	31	20	30.7	25.8	22.2	22.9





opportunities, may also have greater opportunities to acquire skills in recreational activities. As well, they may have the necessary finances to engage in these activities to a greater extent than women from lower socioeconomic levels. It is evident that these considerations can only explain participation trends in part, and that participation in specific activities is not restricted to any one stratum, although the trend for participation in specific activities is indicated to a certain extent, by strata.

It is apparent from Table XI that both the lower socioeconomic stratum and the fourth stage in the family life cycle have fewer numbers of people participating either by playing or doing, attending or viewing. It is also somewhat evident that both the middle socioeconomic stratum and stages two and three in the family life cycle have the greatest numbers attending events. The low participation in the lower socioeconomic stratum may be influenced by lack of money and lack of education: the first factor being prohibitive to present participation and the second factor influencing past opportunities to acquire skill in activities, which ultimately may influence present participation. The low participation in stage four of family life cycle stage may be influenced by the age of the respondents.

The higher percent of participation in activities by women in family life cycle stages one, two and three may be influenced by the interests of the women's family, and the women's interest in spending leisure time with their husbands and families. In both these stages, the family consists of the husband and wife with their children at various stages including preschool and school. It is likely that the



women in these three stages become especially involved with their children's interests in order to further them. Consequently this may produce more participation on the part of the women in activities in which the whole family can participate. From the data presented for stage two in Table XI, it can be seen that swimming (79 percent), camping (56.5 percent), ice skating (62.9 percent) and hiking (48.4 percent), which could involve the whole family, receive more participation than do activities such as golf and curling in which participation is basically restricted to the whole family. These family activities appear to be of a non-competitive, outdoor-oriented nature which do not restrict participation by excessive costs.

#### Frequency of Participation

Chi-square analysis was performed on each of the higher ranking activities for both socioeconomic status and stages in the family life cycle. For the analysis, the eight defined stages in the family life cycle were compressed into four major categories. These categories were as follows:

1. Young married couples with or without infants and pre-school children.
2. Families characterized primarily by school age children under age fourteen.
3. Families characterized primarily by school age children between fourteen and twenty.
4. Families characterized by grown children living at home, or, some or all of the children, grown and living away from home.







In order to obtain the required cell frequencies the four categories indicating frequency of participation were compressed into a high and a low group, by combining the two most frequent and the two least frequent indications of participation. (76: 46)

The relationships between socioeconomic status and frequency of participation and family life cycle stage and frequency of participation are presented in Table XII. (See Appendix D for frequencies.) The chi-square test was found significant and indicated differences in dancing, bowling (doing) and baseball (viewing) for socioeconomic strata, and in snow skiing (viewing), bowling, dancing, swimming and ice skating (doing) for stage in the family life cycle. For all the other activities considered, chi-square was not found to be significant.

#### Participation in Additional Activities

Other activities which respondents mentioned which were not listed in the questionnaire included bicycling (5.6 percent), tobogganing (1.3 percent), gymnastic viewing (1.3 percent), snow shoeing (.6 percent), modern dance doing (.6 percent), gliding attending (.3 percent), boating (.3 percent), trampoline doing (.3 percent), quoits (.3 percent), track and field viewing (.3 percent), paddleball (.3 percent) and fencing viewing (.3 percent). It can be seen that bicycle riding was the most frequently mentioned other activity and it was mentioned only in the middle and upper strata. The other activities were mentioned relatively equally often by all three strata.

#### Degree of Involvement in Physical Recreational Activities

The degree of involvement was indicated by a score calculated



TABLE XII  
CHI-SQUARE AND LEVEL OF SIGNIFICANCE FOR FREQUENCY  
OF PARTICIPATION BY SOCIOECONOMIC STATUS  
AND FAMILY LIFE CYCLE STAGE

Activity	Socioeconomic Status			Family Life Cycle Stage		
	x <sup>2</sup>	d.F	P	x <sup>2</sup>	d.F	P
<u>PLAYING OR DOING</u>						
Dancing	6.668	2	x.02-.05	13.944 xx	3	x.001-.01
Walking for Exercise	3.819	2	.10-.20	4.916	3	.10-.20
Swimming	4.268	2	.10-.20	12.985	3	x.001-.01
Camping	3.925	2	.10-.20	0.269	3	.95-.98
Ice Skating	2.904	2	.20-.30	8.656	3	x.02-.05
Bowling	14.801	2	x<.001	14.866	3	x.001-.01
Hiking	1.524	2	.50-.71	1.425	3	.50-.70
Golf	5.775	2	.05-.10	1.477	3	.50-.70
Fishing	2.346	2	.30-.50	9.249 xx	3	.02-.05
Curling	1.286	2	.50-.70	2.548	3	.30-.50
<u>ATTENDING</u>						
Football	1.304	2	.50-.70	1.093	3	.70-.80
Hockey	1.359	2	.30-.50	1.515	3	.50-.70
Baseball	2.007	2	.30-.50	1.813 xx	3	.50-.70
Swimming	3.083 xx	2	.20-.30	0.9637 xx	3	.80-.90
<u>VIEWING</u>						
Football	2.818	2	.20-.30	1.331	3	.70-.80
Hockey	4.303	2	.10-.20	3.537	3	.30-.50
Ice Skating	4.264	2	.10-.20	1.549 xx	3	.50-.70
Swimming	0.425 xx	2	.95-.98	1.123 xx	3	.70-.80
Curling	2.459	2	.20-.30	2.562	3	.30-.50
Snow Skiing	2.167	2	.30-.50	24.298	3	x<.001
Baseball	13.15	2	x.001-.01			

x Chi-square significant ( $P \leq .05$ ).  
xx Insufficient cell frequencies to make the analysis meaningful (76: 46).





by assigning arbitrary weights to given frequencies of participation and then summing these weighted scores for the number of activities in which participation was indicated. Using the total sample, the mid-point of the cumulative frequency distribution was taken as the point above which all scores would be considered high and below which all scores would be considered low in involvement. These mid-points were as follows: (1) total involvement, 19.8, (2) partial involvement by playing or doing, 11.8, (3) partial involvement by attending, 1.07, and (4) partial involvement by viewing, 5.1. From the calculated mid-points it can be seen that attendance at events is extremely low; a score of 1.07 represents a frequency of participation between once a year and once a month and this is based on the 17 possible activities which were listed under attending. This indicates that in order for the middle person in the distribution to obtain a score of 1.07 that she could have attended one of the seventeen possible activities about twice a year or two activities once, during the regular season of attendance.

### Socioeconomic Status

Total Involvement. In examining the relationship between interest in physical recreational activities as indicated by degree of total involvement and socioeconomic status, it was found that the relationship was significant beyond the .001 level. Table XIII presents the number of people and percent in each stratum who received high and low scores on degree of total involvement. The table indicates that the upper and middle strata are similar in the number of people with high scores but the lower stratum has considerably fewer people in the high





group. These findings may be influenced somewhat by the nature of the age distribution in the sample which indicated that there were more people over 55 in the lower stratum than in either of the other two strata. Since the differences in the distribution of people in the three socioeconomic levels has a probability of occurring less than .001 times by chance it appears that the association between degree of involvement and socioeconomic status may be attributed to the differences between the socioeconomic strata.

TABLE XIII

TOTAL DEGREE OF INVOLVEMENT IN PHYSICAL RECREATIONAL ACTIVITIES BY  
PLAYING OR DOING, ATTENDING AND VIEWING ACTIVITIES IN RELATION TO  
SOCIOECONOMIC STATUS IN PERCENTAGES

Degree of Involvement	Socioeconomic Status		
	%	%	%
	I	II	III
High	63	60	37
Low	37	40	63
<hr/>			
$\chi^2 = 16.259$	d.F 2	$P < .001$	

Partial Involvement by Playing or Doing. In examining the relationship between interest in playing or doing physical recreational activities and socioeconomic status, it was found that chi-square was significant beyond the .001 level. Table XIV presents the distribution of the number of people in each stratum who were in the high



and low involvement groups. As in the relationship between total involvement and socioeconomic status, there were more people in the upper two strata who were high in degree of involvement; the difference here, however, between the upper and middle socioeconomic strata was more apparent.

TABLE XIV

PARTIAL DEGREE OF INVOLVEMENT: INVOLVEMENT IN PHYSICAL RECREATIONAL ACTIVITIES BY PLAYING OR DOING, IN RELATION TO SOCIOECONOMIC STATUS IN PERCENTAGES

Degree of Involvement	Socioeconomic Status		
	%	%	%
	I	II	III
High	66	57	34
Low	34	43	66
$\chi^2 = 21.8342$	d.F 2	$P < .001$	

Partial Involvement by Attending. In examining the relationship between interest in attending physical recreational activities and socioeconomic status it was found that chi-square was significant beyond the .01 level. Table XV presents the distribution of people who had high and low involvement in each of the three strata; the distribution appears similar to those for total involvement and partial involvement by playing or doing activities except that there were more people with low involvement than high involvement in the middle strata. It is apparent that, while the results indicate that the women in the middle stratum





do not have the highest degree of involvement in attending activities, the results do indicate that more women from this level participate in specific activities than from the other two levels.

TABLE XV

PARTIAL DEGREE OF INVOLVEMENT: INVOLVEMENT IN PHYSICAL RECREATIONAL ACTIVITIES BY ATTENDING IN RELATION TO SOCIOECONOMIC STATUS, IN PERCENTAGES

Degree of Involvement	Socioeconomic Status		
	%	%	%
	I	II	III
High	52	45	28
Low	48	55	72
$\chi^2 = 12.5349$	d.F 2	$P < .01$	

Partial Involvement by Viewing. In examining the relationship between interest in viewing physical recreational activities and socioeconomic status, it was found that chi-square was significant beyond the .05 level. Table XVI presents the distribution of people with high and low involvement; this distribution differs from those found in the previous three tables. The table indicates the trend for the greatest number of women with a high involvement score to be in the middle stratum, and for the greatest number with low involvement to be in the upper strata (60 percent).



TABLE XVI  
PARTIAL DEGREE OF INVOLVEMENT: INVOLVEMENT IN PHYSICAL RECREATIONAL  
ACTIVITIES BY VIEWING IN RELATION TO SOCIOECONOMIC STATUS IN  
PERCENTAGES

Degree of Involvement	Socioeconomic Status		
	%	%	%
	I	II	III
High	40	59	45
Low	60	41	55
$\chi^2 = 7.772$	d.F 2	$P < .05$	

With reference to Table XI, it can be seen that while more people participate by attending in the middle group, that they do not participate with a correspondingly high degree of involvement.

Kenyon (44) reported that vicarious participation in physical activity through television and radio appeared to be a significant life interest of a majority of adults. The results of this study, for women alone, and for television viewing did not parallel the general findings from his study. Based on the mid-point of the distribution of scores, participation by viewing was considerably lower in degree of involvement than was participation by playing or doing.

It is apparent that the upper and middle strata compared to the lower, have generally a higher degree of involvement in physical recreational activities. Consequently it would appear that the results support the hypothesis that the nature of participation in





physical recreational activities is a function of socioeconomic status. The findings of this study extend the findings of Reisman (68), that the upper classes show higher involvement in community activities, to include higher involvement in physical recreational activities.

### Family Life Cycle Stage

Total Degree of Involvement. In examining the relationship between stages in the family life cycle and interest in physical recreational activities (total involvement), it was found that chi-square was significant beyond the .05 level. Table XVII presents the frequency distribution and percentages of individuals, by stage in the family life cycle, obtaining high and low involvement scores. The distribution indicates that high involvement decreases gradually up until stage three which consists of the family with teenage children, and then drops with stage four, the grown family. These findings do not parallel ones indicated by Owens (65), that participation increases in the stage characterized by school age children and then gradually declines.

TABLE XVII  
TOTAL DEGREE OF INVOLVEMENT IN RELATION TO STAGES  
IN THE FAMILY LIFE CYCLE

Degree of Involvement	Stages in Family Life Cycle							
	1		2		3		4	
	No.	%	No.	%	No.	%	No.	%
High	40	61.5	37	59.7	52	57.8	34	40.9
Low	25	38.5	25	40.3	38	42.2	49	59.1
$\chi^2 = 8.483$		d.F 3		$P < .05$				





Partial Degree of Involvement by Playing or Doing. In examining the relationship between stages in the family life cycle and interest in playing or doing physical recreational activities, it was found that chi-square was significant beyond the .01 level. Table XVIII presents the frequency distribution and percentage of individuals, and indicates that there is a moderate decline in high involvement as family stage progresses to stage three, and then with stage four there is a sharp decline. This can be seen by the difference between percentages for high and low involvement.

TABLE XVIII  
PARTIAL DEGREE OF INVOLVEMENT BY PLAYING OR DOING IN  
RELATION TO STAGES IN THE FAMILY LIFE CYCLE

Degree of Involvement	Stages in Family Life Cycle							
	1		2		3		4	
	No.	%	No.	%	No.	%	No.	%
High	45	69.2	42	67.7	50	55.6	20	24.1
Low	20	30.8	20	32.3	40	44.4	63	75.9
$\chi^2 = 40.244$		d.F 3		$P < .01$				

Partial Degree of Involvement by Attending. In examining the relationship between stages in the family life cycle and interest in attending physical recreational activities, it was found that chi-square was significant beyond the .001 level. Table XIX indicates that the largest proportion of people with a high involvement score were in the third family stage. This parallels findings of Angrist (2) in her study of college alumni, that as the children become older the mothers increase their spectator activities.



TABLE XIX  
PARTIAL DEGREE OF INVOLVEMENT BY ATTENDING IN RELATION TO STAGES  
IN THE FAMILY LIFE CYCLE

Degree of Involvement	Stages in Family Life Cycle							
	1		2		3		4	
	No.	%	No.	%	No.	%	No.	%
High	31	47.7	30	48.4	49	54.4	16	19.3
Low	34	52.3	32	51.6	41	45.6	67	80.7
$\chi^2 = 25.217$ <span style="margin-left: 100px;">d.F 3</span> <span style="margin-left: 100px;"><math>P &lt; .001</math></span>								

Partial Degree of Involvement by Viewing. In examining the relationship between stages in the family life cycle and interest in viewing physical recreational activities, it was found that chi-square was not significant, and in fact differences did not exist between the family stages. Table XX indicates the distribution of individuals in high and low involvement groups.

TABLE XX  
PARTIAL DEGREE OF INVOLVEMENT BY VIEWING IN RELATION TO STAGES  
IN THE FAMILY LIFE CYCLE

Degree of Involvement	Stages in Family Life Cycle							
	1		2		3		4	
	No.	%	No.	%	No.	%	No.	%
High	35	53.8	30	48.4	42	46.7	37	44.6
Low	30	46.2	32	51.6	48	53.3	46	55.4
$\chi^2 = 1.347$ <span style="margin-left: 100px;">d.F 3</span> <span style="margin-left: 100px;"><math>P .70-.80</math></span>								

The results from the data presented in Table XI indicated in





general that the greatest amount of participation in activities occurred in stages one, two and three of the family life cycle. Similarly from the preceeding four tables pertaining to the relationship between family life cycle stages and degree of involvement, it can be seen that in all cases except viewing, that there is a sharp decline in high involvement with women in stage four. It would appear that the families with teenage children participate by attending more often and in more activities than do families in any of the other three stages. The results also indicate that women in stages one and two appear similarly to be more highly involved in playing or doing activities than women in either stage three or four. Consequently it appears that stages one, two and three in the family life cycle not only indicate a high number participating but they also indicate a relatively high degree of involvement in activities. The findings support the hypothesis that the nature of participation in physical recreational activities is a function of the stage in the family life cycle.

#### Socioeconomic Status and Stages in the Family Life Cycle for High Involvement

In examining the relationships between socioeconomic status and stages in the family life cycle on the basis of high involvement in physical recreational activities, chi-square was found to be significant for all four types of involvement. The data are presented in Tables XXI, XXII, XXIII, and XXIV.



TABLE XXI

RELATIONSHIP BETWEEN SOCIOECONOMIC STATUS AND FAMILY LIFE CYCLE  
STAGE IN HIGH DEGREE OF TOTAL INVOLVEMENT

Family Life Cycle Stage	High Degree of Total Involvement Socioeconomic Status		
	I No.	II No.	III No.
1	9	16	15
2	16	15	6
3	28	18	6
4	10	11	13
$\chi^2 = 17.223$ d.F 6 $P < .01$			

TABLE XXII

RELATIONSHIP BETWEEN SOCIOECONOMIC STATUS AND FAMILY LIFE CYCLE STAGE IN  
HIGH DEGREE OF PARTIAL INVOLVEMENT BY PLAYING OR DOING ACTIVITIES

Family Life Cycle Stage	High Degree of Total Involvement Socioeconomic Status		
	I No.	II No.	III No.
1	9	18	18
2	17	19	6
3	29	15	6
4	11	5	4
$\chi^2 = 22.194$ d.F 6 $P < .01$			



TABLE XXIII

RELATIONSHIP BETWEEN SOCIOECONOMIC STATUS AND FAMILY LIFE CYCLE STAGE  
IN HIGH DEGREE OF PARTIAL INVOLVEMENT BY ATTENDING ACTIVITIES

Family Life Cycle Stage	High Degree of Partial Involvement Socioeconomic Status		
	I	II	III
1	6	11	14
2	14	12	4
3	28	16	5
4	5	6	5
$\chi^2 = 19.522$ d.F 6 $P < .01$			

TABLE XXIV

RELATIONSHIP BETWEEN SOCIOECONOMIC STATUS AND FAMILY LIFE CYCLE STAGE  
IN HIGH DEGREE OF PARTIAL INVOLVEMENT BY VIEWING ACTIVITIES

Family Life Cycle Stage	High Degree of Partial Involvement Socioeconomic Status		
	I	II	III
1	5	16	14
2	10	13	7
3	17	17	8
4	8	13	16
$\chi^2 = 11.275$ d.F 6 $P < .05$			

These findings indicate that there are differences in high involvement in physical recreational activities between both strata and stages in the family life cycle. This subsequently leads to the study of differences





within socioeconomic strata on the basis of stages in family life cycle which follow.

### Stages in Family Life Cycle Within Strata

This section deals with a more detailed analysis of the stages in the family life cycle within each stratum taken one at a time. In examining the relationship between stages in the family life cycle and interest in physical recreational activities in each of the socioeconomic strata, chi-square tests were carried out on the four types of involvement: total, partial playing or doing, partial attending and partial viewing. These tests were performed to determine the significance of the differences between stages within strata for degree of involvement. Table XXV presents the chi-square values, and the probability level. (see Appendix E for frequencies)

Upper Socioeconomic Stratum. In the upper socioeconomic stratum degree of total involvement and degree of involvement by playing or doing, and viewing were not significantly associated with stages in the family life cycle. The proportion of women having high and low involvement was the same in all four stages. The frequency distribution indicates that in the upper stratum the highest proportion of women who participate by attending are in the third stage of the family life cycle.

Middle Socioeconomic Stratum. In the middle socioeconomic stratum, degree of total involvement and degree of involvement by viewing were not significantly associated with stages in the family life cycle. Playing or doing activities was significant beyond .01 for stages in the family life cycle. The distribution indicates



that in stages one and two a large proportion of the women are highly involved in playing or doing activities, but with a change in family life cycle stage towards stage four, there is a decrease in involvement. In attending activities the women in the third stage appear to have the highest involvement. This trend is similar to the one indicated for women in the upper strata.

Lower Socioeconomic Stratum. In the lower socioeconomic stratum, chi-square was significant for degree of involvement by playing and doing, and by attending activities for stages in the family life cycle. The distribution of frequencies indicates that there is a steady decline in high involvement from stage one to stage four for playing or doing activities. It appears that the highest proportion of women who are highly involved in attending activities are in stage one. This contrasts with the findings of the upper and middle strata which showed attendance at events highest with women in stage three.

In general the results presented in Table XXV indicate that in the upper stratum there are no significant differences indicated for stages in the family life cycle and degree of involvement; in the middle class significant differences were indicated for playing and doing activities; and in the lower stratum significance was indicated for both playing or doing, and attending activities for stages in the family life cycle.







TABLE XXV  
RELATIONSHIPS BETWEEN STAGES IN FAMILY LIFE CYCLE AND DEGREE OF  
INVOLVEMENT WITHIN STRATA

Socioeconomic Status and Type of Involvement	$\chi^2$	d.F	P
SOCIOECONOMIC STATUS I			
Doing Activities	0.502	3	.90-.95
Attending Activities	5.459	3	.10-.20
Viewing Activities	0.571	3	.90-.95
Total	0.572	3	.90-.95
SOCIOECONOMIC STATUS II			
Doing Activities	13.725	3	x.001-.01
Attending Activities	4.5216	3	.20-.30
Viewing Activities	1.821	3	.50-.70
Total	1.3968	3	.70-.80
SOCIOECONOMIC STATUS III			
Doing Activities	27.566	3	x .001
Attending Activities	14.384	3	x.001-.01
Viewing Activities	3.706	3	.20-.30
Total	6.16	3	.10-.20

x chi-square significant  $P < .05$

A further summary of the relationship between socioeconomic status and stages in the family life cycle for high total involvement can be seen from the percentages presented in Table XXVI. There is a clear indication that high involvement decreases with the most advanced stage in the family (stage 4) and that the lower status group indicates a sharper and more severe drop in the percent of people with high involvement than does either the middle or high status groups. It is also to be noted that the third stage in the middle stratum has the highest percent of people with high total involvement.



TABLE XXVI  
SOCIOECONOMIC STATUS AND STAGES IN THE FAMILY LIFE CYCLE FOR HIGH  
DEGREE OF TOTAL INVOLVEMENT

Stage in Family Life Cycle	Socioeconomic Status		
	I	II	III
	%	%	%
1	69.2	64.0	55.6
2	66.7	55.6	54.5
3	60.9	66.7	35.3
4	58.8	52.4	28.9

Seemingly in the upper and middle strata high involvement does not decline sharply after the family has grown up. This may be due to other influential factors such as their basic tendency to participate in community activities as reported by Reisman (68).

#### Age and Work Outside the Home as Factors Influencing Degree of Involvement

Age. In examining the relationship between age of respondent and degree of involvement in physical recreational activities, it was found that chi-square was significant beyond the .001 level for total involvement, involvement by playing or doing and involvement by attending. Significance was also found for age and degree of involvement by viewing at the .05 level. It is apparent that the differences in viewing activities for age are not as great as are the differences in playing or doing, and attending. Tables XXVII, XXVIII, XXIX and XXX indicate both the frequency distribution and the percent of people in





each age group with high and low involvement scores. This distribution indicates that 72.6 percent of women between ages 25 and 35 scored higher on degree of involvement by playing or doing activities than the median for the total group.

TABLE XXVII

## TOTAL DEGREE OF INVOLVEMENT: IN RELATION TO AGE

Degree of Involvement	Age Categories										Total Number of Respondents
	Under 25		25-34		35-44		45-54		55+		
	No.	%	No.	%	No.	%	No.	%	No.	%	
High	5	38.4	59	70.2	51	56.1	32	42.6	11	29.7	158
Low	8	61.6	25	29.8	40	43.9	43	57.4	26	70.3	142

$$\chi^2 = 22.689$$

d.F 4

P&lt;.001

TABLE XXVIII

PARTIAL DEGREE OF INVOLVEMENT: INVOLVEMENT BY PLAYING OR DOING  
IN RELATION TO AGE

Degree of Involvement	Age Categories										Total Number of Respondents
	Under 25		25-34		35-44		45-54		55+		
	No.	%	No.	%	No.	%	No.	%	No.	%	
High	6	46.2	61	72.6	53	58.2	31	41.3	5	13.5	156
Low	7	53.8	23	27.4	38	41.8	44	56.7	32	86.5	144

$$\chi^2 = 41.282$$

d.F 4

P&lt;.001





TABLE XXIX

PARTIAL DEGREE OF INVOLVEMENT: INVOLVEMENT BY ATTENDING  
IN RELATION TO AGE

Degree of Involve- ment	Age Categories										Total Number of Respond- ents
	Under 25		25-34		35-44		45-54		55+		
	No.	%	No.	%	No.	%	No.	%	No.	%	
High	7	53.8	42	50.0	46	50.5	24	32.0	6	16.2	125
Low	6	46.2	42	50.0	45	49.5	51	68.0	31	83.8	175

$$x^2 = 18.891$$

d.F 4

P&lt;.001

TABLE XXX

PARTIAL DEGREE OF INVOLVEMENT: INVOLVEMENT BY VIEWING  
IN RELATION TO AGE

Degree of Involve- ment	Age Categories										Total Number of Respond- ents
	Under 25		25-34		35-44		45-54		55+		
	No.	%	No.	%	No.	%	No.	%	No.	%	
High	6	46.2	51	60.7	41	45.1	31	41.3	14	37.8	143
Low	7	53.8	33	39.3	50	54.9	44	58.7	23	62.2	157

$$x^2 = 8.632$$

d.F 4

P .05-.10

Table XXXI shows the distribution by percentage of those people with high total involvement scores for socioeconomic strata. From the table it can be seen that both age and socioeconomic status influence the percentage of people with high involvement.



TABLE XXXI  
SOCIOECONOMIC STATUS AND AGE FOR HIGH DEGREE OF TOTAL INVOLVEMENT

Age	Socioeconomic Status		
	I %	II %	III %
1 under 25	--	0.0	45.5
2 25-34	68.2	68.3	76.2
3 35-44	72.1	44.8	36.8
4 45-54	53.3	70.0	8.0
5 55+	20.0	62.5	20.8

Work. In examining the relationship between work outside the home and degree of involvement in physical recreational activities, it was found that chi-square was not significant for total involvement, and involvement by attending. Chi-square was significant at the .01 level for degree of involvement by viewing, and at the .05 level for involvement by playing or doing activities. Tables XXXII to XXXV indicate the frequency distribution and the percentage of people high and low on involvement for each work situation. It would appear that in general work outside the home is not a factor influencing the degree of involvement in physical recreational activities by attending, but is a factor influencing both playing or doing and viewing activities. Of the women who work occasionally 68 percent indicated high involvement by playing or doing. These women may tend to be active, have time to fill, and consequently physical recreation by playing or doing may represent a considerable proportion of their activity outside the home,





since they do not indicate as high involvement in either attending or viewing activities.

TABLE XXXII

TOTAL DEGREE OF INVOLVEMENT IN RELATION TO THE RESPONDENTS' WORK  
OUTSIDE THE HOME

Degree of Involve- ment	Type of Work							
	Number of Respondents							
	None		Full Time		Part Time		Occasionally	
	No.	%	No.	%	No.	%	No.	%
High	77	54.6	34	53.1	18	47.4	30	52.6
Low	64	45.4	30	46.9	20	52.6	27	47.4

$$x^2 = 0.634$$

d.F 3

P .80-.90

TABLE XXXIII

PARTIAL DEGREE OF INVOLVEMENT BY PLAYING OR DOING IN RELATION TO  
RESPONDENTS' WORK OUTSIDE THE HOME

Degree of Involve- ment	Type of Work							
	Number of Respondents							
	None		Full Time		Part Time		Occasionally	
	No.	%	No.	%	No.	%	No.	%
High	68	48.2	29	45.3	21	55.6	39	68.4
Low	73	51.8	35	54.7	17	44.4	18	31.6

$$x^2 = 8.262$$

d.F 2

P .02-.05



TABLE XXXIV  
PARTIAL DEGREE OF INVOLVEMENT BY ATTENDING IN RELATION TO THE  
RESPONDENTS' WORK OUTSIDE THE HOME

Degree of Involve- ment	Type of Work							
	Number of Respondents							
	None		Full Time		Part Time		Occasionally	
	No.	%	No.	%	No.	%	No.	%
High	65	46.1	29	45.3	12	31.5	19	33.3
Low	76	53.9	35	54.7	26	68.5	38	66.7
$\chi^2 = 4.709$ d.F 3                      P .10-.20								

TABLE XXXV  
PARTIAL DEGREE OF INVOLVEMENT BY VIEWING IN RELATION TO THE  
RESPONDENTS' WORK OUTSIDE THE HOME

Degree of Involve- ment	Type of Work							
	Number of Respondents							
	None		Full Time		Part Time		Occasionally	
	No.	%	No.	%	No.	%	No.	%
High	73	51.7	38	59.3	11	28.9	22	38.6
Low	68	48.3	26	40.7	27	71.1	35	61.4
$\chi^2 = 11.667$ d.F 3                      P .001-.01								

Table XXXVI shows the distribution by percent of those people with high total involvement scores for socioeconomic strata.



TABLE XXXVI  
SOCIOECONOMIC STATUS AND WORK OUTSIDE THE HOME FOR HIGH DEGREE  
OF TOTAL INVOLVEMENT

Work Outside the Home	Socioeconomic Status		
	I %	II %	III %
1 None	74.5	59.6	29.8
2 Full Time	41.7	80.9	38.7
3 Part Time	50.0	42.8	50.0
4 Occasionally	58.6	50.0	40.0

From the table it can be seen that within the three strata the percentage of people with high involvement does vary according to the work situation. Of the women in the upper stratum who do not work outside the home and the women in the middle stratum who work full time 74 percent of the former and 80 percent of the latter indicated high involvement.

#### Reasons Influencing Participation in Physical Recreational Activities

The reasons most frequently given by the respondents as the three most important ones influencing their participation by type are presented in rank order by socioeconomic strata in Tables XXXVII and XXXVIII.

The influence of education on the strata may account in part for the higher participation in skill requiring activities such as dancing, swimming, golf and curling in the upper two strata; it may also influence the relatively higher importance given to the reason to





learn and improve skills.

In general, the participation in physical recreational activities appears relatively low for the three types of participation, but higher in playing or doing activities than in either attending or viewing. As well, differences in degree of involvement in physical recreational activities appeared to differ by socioeconomic strata, family life cycle stage and age, and overall the respondents indicated that attending activities was the type of participation in which they were least involved.

TABLE XXXVII

REASONS INFLUENCING PARTICIPATION IN PHYSICAL RECREATIONAL ACTIVITIES  
BY PLAYING OR DOING, RANKED BY SOCIOECONOMIC STATUS

Reasons Influencing Participation	Socioeconomic Status		
	Ranks		
	I	II	III
To get exercise	1	1	1.5
Just for fun	2	2	1.5
Pleasure of feeling good	3	5	4
Being with friends	4.5	4	5
Family outing	4.5	3	6.5
To keep husband company	6	6.5	6.5
Promote family interest	7	10	9
Learn skills	8	12.5	13
Strenuous activity	9	12.5	14
Welcome change	10	8	3
Excitement of the activity	11.5	11	10
Relieve tension	11.5	6.5	8
Concern for health	13	9	12
It makes time pass	14	14	11



TABLE XXXVIII

REASONS INFLUENCING PARTICIPATION IN PHYSICAL RECREATIONAL ACTIVITIES  
BY ATTENDING AND VIEWING ACTIVITIES, RANKED BY SOCIOECONOMIC STATUS

Reasons Influencing Participation	Socioeconomic Status		
	Ranks		
	I	II	III
<u>ATTENDING ACTIVITIES</u>			
Excitement of the activity	1	2.5	1
Just for fun	2	1	3.5
Promote family interest	3	6	3.5
To keep husband company	4	4	2
Being with friends	5	5	6.5
Family outing	6	2.5	5
Welcome change from home	7	8	8
It is cheap entertainment	8	7	6.5
<u>VIEWING ACTIVITIES</u>			
Excitement of the activity	1	1	1
Just for fun	2	3	5
To keep husband company	3	2	2
To promote family interest	4	4.5	6
It is cheap entertainment	5	4.5	3
Being with friends	6	9.5	9
Improve or learn skills	7	9.5	10.5
Interest in the activity	8	11	10.5
It makes time pass	9	6	4
Desire to stay home	10.5	7	8
Necessary to stay home	10.5	8	7

It would appear that regular participation in physical recreational activities is not a main interest of the majority of the respondents, and that interest in skill requiring activities is higher in the upper and middle strata than in the lower stratum. Furthermore individual psychological considerations may exert appreciable influence on the recreational behavior of women to a greater extent than do the





social variables, socioeconomic status and family life cycle stage.

With respect to attending and viewing activities, the most frequently occurring reason given for participation was that of finding the activity exciting; for viewing activities, an additional reason, that of cheap entertainment was frequently given as one of the most important reasons influencing participation. Interestingly the respondents did not give excitement of the activity as one of the more influential reasons in participating by playing or doing. The relative importance of reasons influencing participation does not appear to differ appreciably between strata. The one noticeable difference occurred in the relative importance of one of the reasons given in the lower stratum for viewing activities. The reason, it makes time pass, ranked higher in the lower stratum than in either the middle or upper strata. However, it also ranked higher in the middle stratum than in the upper stratum. The frequency of occurrence of this reason may well be indicative of the overall outlook that each strata holds for physical recreational activities, that is, that the upper and middle strata tend to regard physical recreational activities as instrumental in furthering their interests and purpose in life, while the lower strata tend to regard them as less important in furthering their interests and purpose in life.

The results, indicating frequent participation by percent participating at least once a week, indicated that the upper stratum participated in more activities than did the lower. In particular they indicated higher frequency participation in golf, curling, swimming and fitness classes while the lower stratum did not.



Moreover the upper stratum indicated a higher frequency in occurrence of the reason "pleasure of strenuous activity" than did the lower stratum, which may indicate that they have a more favorable attitude to physical activity as a fitness producing media and in fact may be more interested in the nature and effects of playing sports as such. On the other hand the lower stratum indicated a relatively high frequency of occurrence of the reason "welcome change from home" which may indicate that they view participation by playing or doing as a source of diversion rather than as of particular interest in the activities themselves.

The results indicate contrasting patterns of participation between women after they leave school with adolescent girls during their school years. It is apparent that very few of the activities in which participation was the highest are ones generally included in high school physical education programs. This suggests the need for both continuing education and adult education in the area of recreational activities and leisure time pursuits.





## CHAPTER V

### SUMMARY AND CONCLUSIONS

#### Summary

The purpose of the study was to investigate the inter-relationships between the two social variables, socioeconomic status and stages in the family life cycle, and interests in physical recreational activities; for purposes of this study, a measurement of interest was taken to be the percent of people participating and the degree of involvement of people in activities.

Questionnaires were distributed systematically to the purposively selected sample of 550 Edmonton women. Of this total, 60.5 percent of the potential respondents returned the questionnaire and the first 300 (54.5 percent) complete, returned questionnaires were used in the analysis (100 in each strata). The respondents indicated, from the activities included in the questionnaire, first, the ones in which they had participated and the frequency of their participation in the twelve month period studied and second, the three most important reasons influencing their participation in physical recreational activities by playing or doing, attending and viewing.

The numbers of people participating in each stratum, upper, middle and lower were recorded for each activity and for each type of participation, and total percent participation was calculated for





the sample as a whole. A degree of involvement score was calculated for each respondent, based on the number of activities and frequency of participation therein. Chi-square analysis were subsequently applied to determine the significance of the relationship between each of socioeconomic status, family life cycle stage, age and work outside the home, and degree of involvement, as indicated by total involvement, partial involvement by playing or doing, partial involvement by attending and partial involvement by viewing. The frequency of occurrence of reasons influencing participation were recorded for each type of participation and were ranked according to strata for each type of participation.

### Findings and Results

In participation by playing or doing activities it appeared, on the whole, that the number of people participating frequently, at least once a week, was relatively low, but that the number of people participating about once or twice a year, during the regular season was considerably higher. In the upper socioeconomic stratum between 15 and 30 percent of the respondents indicated frequent participation (at least once a week) in five activities, curling, fitness classes, golf, swimming, and walking for exercise. In the middle socioeconomic stratum between 12 and 36 percent of the respondents indicated frequent participation in three activities, fitness classes, swimming and walking for exercise. In the lower socioeconomic stratum, 34 percent of the respondents indicated frequent participation in one activity, walking for exercise.

The activities in which the highest percent of people



indicated participation were, in rank order, dancing, walking for exercise, swimming, camping, ice skating, bowling, hiking, golf, fishing and curling. The activities in which the lowest percent of people indicated participation were archery, basketball, roller skating, tennis, baseball, waterskiing, volleyball, jogging and horseback riding. It appeared that the upper and middle strata had a higher percent participation than did the lower stratum.

In participation by attending activities, less than 7 percent in any strata attended any activities at least once a week. In viewing activities a somewhat higher percent of people in all three strata indicated frequent participation: upper stratum 13 percent in football, middle stratum 20 percent in football, and lower stratum 16 percent in hockey. Of the activities considered, only football and hockey had a relatively appreciable number of people participating frequently.

The activities in which the highest percentage of people indicated participation in rank order, by attending were football, hockey, baseball and swimming; and by viewing, were football, hockey, ice skating, swimming, curling, snow skiing and baseball. The other activities considered did not appear to involve many people in participation.

It was found that there was a relationship between frequency of participation and socioeconomic status for dancing, ice skating (doing) and baseball (viewing); and between frequency of participation and stage in family life cycle for dancing, bowling, swimming and ice skating (doing), and snow skiing (viewing).







Degree of involvement in physical recreational activities was found significantly related to socioeconomic status for each of total involvement, partial involvement by playing or doing, partial involvement by attending and partial involvement by viewing. With the exception of viewing, there appeared to be a marked decrease in high involvement from the upper stratum to the lower stratum; while with viewing activities the most women who scored high on involvement were in the middle stratum.

It was found that chi-square for stage in the family life cycle and degree of involvement was significant for total involvement, partial involvement by playing or doing, and partial involvement by attending. Chi-square was not found significant for viewing physical recreational activities. Degree of involvement appeared relatively high in the first three stages of the family life cycle, with stage three indicating overall, the most people high on involvement by attending activities. High degree of involvement dropped sharply with stage four.

It was found that the relationship between degree of involvement and life cycle stage varied with the socioeconomic position. Chi-square was not significant for degree of involvement and family life cycle stage for the upper stratum but was significant for playing and doing activities for both the middle and lower strata, and for attending activities for the lower stratum alone.

Age was found to be significantly related to degree of involvement, the relationship appeared to be in a linear direction from age 25 to over age 55, with the older women tending to score



low on all types of involvement, except participation by viewing.

Work outside the home was not found to be significantly associated with degree of involvement for total involvement, and involvement by attending. It was found to be significantly associated with degree of involvement in viewing activities, and playing or doing activities.

The following reasons were most frequently given as those most important in influencing participation: (1) playing or doing; to get exercise, just for fun, pleasure of feeling good, being with friends and to have a family outing, (2) attending; excitement of the activity, just for fun, promote family interest, to keep husband company and being with friends, (3) viewing; excitement of the activity, just for fun, to promote family interest and it is cheap entertainment. In general the upper strata indicated that participation was influenced by their interest in the activities while participation in the lower strata appeared to be influenced by an opportunity of a change from their usual work or home life.

### Conclusions

The findings from this study are general in nature but portray certain participation patterns in physical recreational activities of segments of the sample of women from three different socioeconomic positions.

Based on the percentage of participation in activities, it would appear that interest in physical recreational activities is not high among married women. It would appear, however, that interest in playing and doing activities is greater than interest





in attending or viewing, and that preference for participation is in non-competitive, outdoor-oriented activities.

It would also appear that frequent participation in selected activities involves more people in the upper and middle strata than the lower strata, and that high participation in skill-requiring activities occurs primarily in the upper stratum.

Participation in physical recreational activities as indicated by high and low degrees of involvement, is influenced by both socioeconomic status and stages in the family life cycle. Women in the upper and middle strata indicated the highest degree of involvement, with women from these strata also showing a continuing interest in physical recreational activities after the family had grown up. Participation among women with young and school age families was relatively high in playing or doing, and attending activities. Factors influencing frequency of participation as indicated includes personal desire for exercise, family interests, excitement of the activity, age of the respondent and to some extent work outside the home. Other factors which appear to influence participation include past opportunities to learn necessary skills, and available family resources. In general it was apparent that women who did participate did so for a recreational pursuit, rather than to further their interest and skill in specific activities.

#### Recommendations for Further Study

The relationship between social and psychological variables and their influence on participation in physical recreational activities is an area in which considerable further investigation could be





done. It is quite possible that personality differences, motivation and former habits may account for either singly or in combination with other social variables, the factors determining participation in physical recreational activities.

The relationship between participation patterns of secondary school girls with participation patterns of single and married women could be determined from a longitudinal study.

A detailed study could be undertaken to determine the value that women, who participate regularly by playing or doing activities, hold for physical activity, and the meaning it has in relation to their life situation.

A more detailed study of a similar nature to the one reported could be undertaken to determine the attitude and interest of women to participation in physical activity by both an attitude measuring scale and a participation frequency inventory.

Of a more practical nature, community studies could be carried out to determine the nature of participation, the sufficiency of available programs and facilities and the need for opportunities to participate in physical recreational activities.

BEM:jh



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## APPENDIX A

### COVER LETTER, QUESTIONNAIRE AND FOLLOW-UP LETTER



FACULTY OF PHYSICAL EDUCATION



THE UNIVERSITY OF ALBERTA  
EDMONTON, CANADA

Dear Madam:

At the present time a study is being done at the University of Alberta on the recreational activities of an athletic and outdoor nature. This is a study of how married women spend their leisure time, that is, time free from the normal activities of making a living or housekeeping. The questions asked may be answered easily by recalling the activities in which you took part during the last year and the sporting events you attended or watched.

Information about your participation in activities is helpful in understanding the need for future programs and facilities. We are selecting at random one out of five households in your area. This questionnaire will give you an opportunity to be included in the survey. All replies are confidential and it is not necessary to sign your name. I hope you will take a few minutes now to read the instructions and to answer the questions which follow.

Complete all the parts of the questionnaire and place it back in the envelope. The questionnaire will be collected by a student from the University.

Thank you for your time and cooperation. Your answers will be of great help.

Yours truly,

(Miss) Barbara Murphy  
Graduate Student  
Faculty of Physical Education  
University of Alberta

BM:ck



- FOR EVERY ACTIVITY IN WHICH YOU PARTICIPATED WITHIN THE LAST YEAR, PLACE, A CHECK (✓) IN ONE OF THE COLUMNS TO SHOW HOW OFTEN YOU DID THE ACTIVITY
- PLACE A CHECK (✓) BESIDE EACH OF a, b, and c TO SHOW IN WHICH WAYS YOU PARTICIPATED IN THE ACTIVITIES.
  - playing the sport or doing the activity
  - attending a sporting event in which you see the players or the game in person
  - viewing a sporting event on film or T V.
- SOME ACTIVITIES ARE DONE IN CERTAIN SEASONS OF THE YEAR REMEMBER THOSE ACTIVITIES YOU DID DURING THE REGULAR SEASON BETWEEN MARCH 1, 1968 AND FEBRUARY 28, 1969. DISREGARD ANY TEMPORARY INTERRUPTIONS DUE TO ILLNESS.

READ DOWN		1 or 2 TIMES A YEAR	ABOUT ONCE A MONTH	2 - 3 TIMES A MONTH	AT LEAST ONCE A WEEK	READ DOWN		1 or 2 TIMES A YEAR	ABOUT ONCE A MONTH	2 - 3 TIMES A MONTH	AT LEAST ONCE A WEEK
BADMINTON	a. playing b. attending c. viewing					WATER SKIING	a. doing b. attending c. viewing				
BASEBALL	a. playing b. attending c. viewing					BOXING	b. attending c. viewing				
BASKETBALL	a. playing b. attending c. viewing					FOOTBALL	b. attending c. viewing				
BOWLING	a. playing b. attending c. viewing					HOCKEY	b. attending c. viewing				
CURLING	a. playing b. attending c. viewing					WRESTLING	b. attending c. viewing				
GOLF	a. playing b. attending c. viewing					FITNESS CLASS	a. doing c. viewing				
HORSE BACK RIDING	a. doing b. attending c. viewing					SNOW SKIING	a. doing c. viewing				
ICE SKATING	a. doing b. attending c. viewing					ARCHERY	a. doing				
SWIMMING	a. doing b. attending c. viewing					BILLIARDS OR POOL	a. playing				
SKI-DOOING	a. doing b. attending c. viewing					CAMPING	a. doing				
TENNIS	a. playing b. attending c. viewing					DANCING	a. doing				
VOLLEYBALL	a. playing b. attending c. viewing					FISHING	a. doing				
						GOLF DRIVING RANGE	a. doing				
						HIKING	a. doing				
						JOGGING	a. doing				
						ROLLER SKATING	a. doing				
						TABLE TENNIS	a. playing				
						WALKING FOR EXERCISE	a. doing				
						OTHER ACTIVITIES					
						1. _____					
						2. _____					





In this part you are asked for the most important reasons which influence your participation in the activities which you -

a. play or do

b. attend

and c. view

### INSTRUCTIONS

FIRST - ANSWER THE QUESTIONS BELOW. REFER TO THE ANSWERS YOU CHECKED IN PART I.

SECOND - SELECT FROM THE LIST OF REASONS THE THREE MOST IMPORTANT ONES FOR EACH ACTIVITY. PLACE THE NUMBER OF THE REASON IN THE SPACES OPPOSITE EACH ACTIVITY.

### ACTIVITIES

a. In which two activities did you take part the most often by actually playing or doing?

1. \_\_\_\_\_

2. \_\_\_\_\_

b. In which two activities did you take part the most often by attending sporting events?

1. \_\_\_\_\_

2. \_\_\_\_\_

c. In which two activities did you take part the most often by viewing?

1. \_\_\_\_\_

2. \_\_\_\_\_

FIRST MOST  
IMPORTANT

SECOND

THIRD

1. \_\_\_\_\_

2. \_\_\_\_\_

(Place number of reason in these blanks)

1. \_\_\_\_\_

2. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

READ THE FOLLOWING LIST AND RETURN TO THE TOP RIGHT HAND SIDE OF THE PAGE.

### LIST OF REASONS

(1) To get away from the family

(2) Opportunity for competition

(3) On doctor's advice

(4) Relieve tension

(5) It makes time pass

(6) Being with friends

(7) It is cheap entertainment

(8) Improve or learn skills

(9) Excitement of the activity

(10) Promote family interest

(11) Pleasure of strenuous activity

(12) No equipment needed

(13) To keep husband company

(14) Necessary to stay home

(15) To be with relatives

(16) Pleasure of feeling good

(17) Desire to stay home

(18) Feeling of grace and beauty

(19) Welcome change from home

(20) Further husband's business interests

(21) Concern for own health

(22) Meet new people

(23) To get exercise

(24) Family outing

(25) Just for fun

WRITE IN ANY OTHER REASONS

(26) \_\_\_\_\_

(27) \_\_\_\_\_

(28) \_\_\_\_\_



In this part you are asked for some information about yourself and your children

1. Your age (place one check)

under 20	—	35 - 39	—	55 - 59	—
20 - 24	—	40 - 44	—	60 - 64	—
25 - 29	—	45 - 49	—	65 +	—
30 - 34	—	50 - 54	—		

2. Marital status (place one check)

married	—	divorced	—
separated	—	widowed	—

3. How many years have you been married? \_\_\_\_\_ years.
4. How many years have you lived in this house? \_\_\_\_\_ years.
5. Number of children living at home is \_\_\_\_\_.
6. Number of pre-school children living at home is \_\_\_\_\_.
7. Number of children not living at home is \_\_\_\_\_.
8. Age of youngest child living at home is \_\_\_\_\_.
9. Age of oldest child living at home is \_\_\_\_\_.
10. Do you work outside the home?    yes \_\_\_\_\_    no \_\_\_\_\_

If you work check one of the types.

full time	—	occasionally	—
part time	—	as a volunteer only	—

11. Describe any unusual circumstances which might have affected your usual pattern of activities in the last year, such as a long illness or pregnancy.

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12. Other comments.

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THANK YOU FOR YOUR TIME AND COOPERATION





FACULTY OF PHYSICAL EDUCATION



THE UNIVERSITY OF ALBERTA  
EDMONTON, CANADA

March 26, 1969

Dear Madam:

Many of you have already mailed back the questionnaire which I left at your house about two weeks ago. Thank you again for your help.

Since it is not possible to tell who have not returned the questionnaire, I am sending this letter to all the women who received one. If you have not filled out the questionnaire, would you please take a few minutes and do it now.

An answer from everyone is essential in order to get the most accurate picture. It is important that you complete the questionnaire, whether or not you have many interests in athletic activities. Simply complete the three pages as best you can, then return the questionnaire by mail in the stamped envelope.

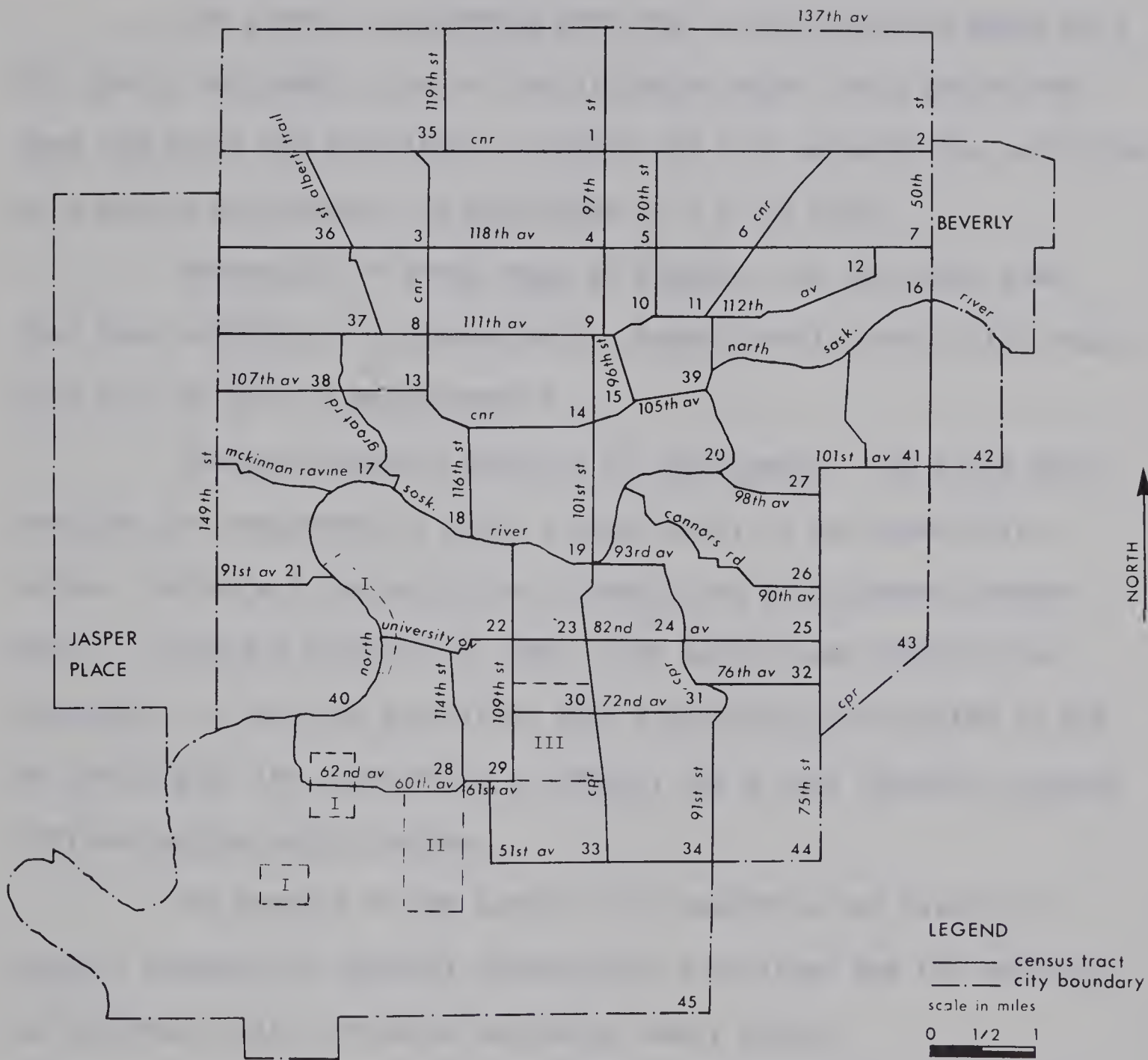


## APPENDIX B

MAP SHOWING STREET DESIGNATIONS AND SAMPLING AREAS  
IN THE CITY OF EDMONTON



## CENSUS TRACTS: 1961



MAP PREPARED BY  
POPULATION RESEARCH LABORATORY  
UNIVERSITY OF ALBERTA





## APPENDIX C

### INSTRUCTIONS FOR QUESTIONNAIRE DISTRIBUTORS

#### General Information

The survey is concerned with the interest married women hold for sports and games in one of the following ways: as a person who goes and plays the activities, a person who goes to watch the activities or a person who watches the activities on T.V. or film.

Households in three areas of Edmonton, on the south side, have been selected on a chance basis. Approximately every fifth household will be given a questionnaire.

The questionnaire consists of three pages. The first page requires the respondent to place a check mark, in the appropriate column, beside all the activities in which she participated between March 1, 1968 and February 28, 1969. The second page requires the respondent to name the activities most frequently participated in and to indicate by the appropriate 3 numbers, the 3 most important reasons influencing her participation.

The purpose of the survey is to determine the nature of women's interest in physical recreational activities and its relation to selected social variables including family stage.

#### Instructions

1. In areas II and III give one questionnaire to every fifth household. Start with the first household and travel down one side of the street, continue with every fifth up the other side, then move to



the next street and continue in the same manner. When possible avoid opposite and back to back homes by starting a new block on the third house if necessary. (In area I, sample every third household.)

2. If you make contact with the (lady) potential respondent, briefly explain the survey and ask her to return the questionnaire by mail as soon as possible. If she is not home, but contact is made with another household member, explain the nature of the survey very briefly and request a message be left for the lady in the house to complete the questionnaire and return it by mail. If no contact is made, clip a piece of paper onto the envelope requesting that the questionnaire be returned by mail (this is a correction of the instructions in the cover letter). Leave the questionnaire in the paper rack, the mail box or inside the screen door.

3. Stress wherever possible that it will be of great help if everybody who receives a questionnaire completes and returns it as the houses have been randomly selected (on a systematic basis) and not chosen. Stress also that we want to know the extent to which they are or are not interested in physical recreational activities.





## APPENDIX D

TABLE XXXIX

## FREQUENCY OF PARTICIPATION BY FAMILY LIFE CYCLE

## STAGE FOR HIGH RANKING ACTIVITIES

Most Participated in Activities	Family Life Cycle Stage							
	1		2		3		4	
	Frequency of Participation							
	No.		No.		No.		No.	
	Low	High	Low	High	Low	High	Low	High
<u>PLAYING OR DOING</u>								
Dancing	33	13	41	5	65	3	42	3
Walking for Exercise	9	32	17	22	24	36	20	36
Swimming	30	10	21	28	34	20	20	6
Camping	30	7	28	7	35	8	16	5
Ice Skating	27	14	22	17	32	5	9	3
Bowling	25	7	23	7	22	15	8	16
Hiking	19	6	25	5	28	5	10	0
Golf	10	7	6	4	15	19	0	7
Fishing	14	2	17	2	20	3	8	7
Curling	7	10	12	8	10	16	3	5
<u>ATTENDING</u>								
Football	6	8	13	7	17	5	10	5
Hockey	9	5	11	5	20	7	7	1
Baseball	9	4	7	4	11	10	4	0
Swimming	4	1	8	5	8	3	4	0
<u>VIEWING</u>								
Football	21	19	23	14	26	25	20	19
Hockey	14	14	20	10	21	25	20	21
Ice Skating	27	6	25	3	31	3	16	3
Swimming	18	2	17	4	25	4	13	1
Curling	15	4	14	1	21	7	15	3
Snow Skiing	3	18	13	3	22	7	17	4
Baseball	15	5	12	4	16	4	14	5



# APPENDIX E

## TABLE XXXX

HIGH AND LOW INVOLVEMENT FOR STAGES IN FAMILY LIFE CYCLE:  
BY SOCIOECONOMIC STATUS

Status and Type of Involvement	Degree of Involve-ment	Stages in Family Life Cycle			
		1	2	3	4
		Number of Respondents			
<u>UPPER SOCIOECONOMIC STATUS</u>					
Playing or Doing Activities	High	9	17	29	11
	Low	4	7	17	6
Attending Activities	High	6	14	28	5
	Low	7	10	18	12
Viewing Activities	High	5	10	17	8
	Low	8	14	29	9
Total Involvement	High	9	16	28	10
	Low	4	8	18	7
<u>MIDDLE SOCIOECONOMIC STATUS</u>					
Playing or Doing Activities	High	18	19	15	5
	Low	7	8	12	6
Attending Activities	High	11	12	16	6
	Low	14	15	11	15
Viewing Activities	High	16	13	17	13
	Low	9	14	10	8
Total Involvement	High	16	15	18	11
	Low	9	12	9	10
<u>LOWER SOCIOECONOMIC STATUS</u>					
Playing or Doing Activities	High	18	6	6	4
	Low	9	5	11	41
Attending Activities	High	14	4	5	5
	Low	13	7	12	40
Viewing Activities	High	14	7	8	16
	Low	13	4	9	29
Total Involvement	High	15	6	6	13
	Low	12	5	11	32







**B29925**